

“Together – We Can and We Will”

ZGODA



THE OFFICIAL PUBLICATION OF THE **POLISH NATIONAL ALLIANCE** OF NORTH AMERICA

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New Family
Protect its Future through PNA

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Polish National Alliance **of US of NA**

Wesley E. Musial

Censor

Irene S. Grabowy

Vice Censor

Executive Committee

Frank J. Spula

President

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Vice President

David G. Milcinovic

Vice President, Union of Poles Division

Charles A. Komosa

National Secretary

Marian Grabowski

Treasurer

Send all articles, correspondence
and materials to:

ZGODA Magazine

Alicja Kuklinska

Editor

e-mail: **zgoda@pna-znp.org**

6100 N. Cicero Avenue

Chicago, IL 60646

Ewa Wisniewska

Graphic Designer

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contact:

PNA Address Dept. (ext. 366)

or e-mail: **sophie.gajda@pna-znp.org**



President's Corner

February, 2015

Dear Members,

The Polish National Alliance has a beautiful history dating back to the late 19th century to its founding on February 15, 1880 providing 135 years of fraternal and financial benefits to its members.

The idea of offering life insurance at an early beginning was an ambitious and daring step in the early days. We are grateful to the founders who had the foresight to plant the seeds of the organization. Over this period of time, more than two million individuals have gone through the portals of the Polish National Alliance.

2015 began on a sad note, Our National Director, Joseph Samreta passed away suddenly. Director Samreta was very much involved in the Polish National Alliance; he served as President of his local lodge, delegate to the council as well as to national conventions and served as former Commissioner of Indiana. He was respected by the members of the organization as well the community. Most importantly, he was a good man and he will be missed by his family, his friends and the Polish National Alliance.

As of this year, our Vice President, Teresa Abick decided to retire after serving as Vice President of the Polish National Alliance since 1991. Mrs. Abick has been involved in the organization since her childhood. Over and above Teresa's involvement in the PNA, she worked with elected officials in her home state of Michigan. There is an interview with her in this edition of Zgoda. Please make sure you take the time and read it. Her retirement took effect as of January 1st of this year. We wish her all the best in her new way of life.

Over the years, Vice President Abick chaired many committees and was responsible for the Educational

Department within the organization. Even though she has retired, the programs will continue as they have for many years.

The Polish National Alliance is committed to assisting aspiring students attending colleges or universities, by providing scholarships to its members. We are continuing by allocating \$250,000 annually for this cause. An announcement has been placed on PNA's website, with all the requirements as well as an application.

In recent years, the industry has been marked by great growth and a tremendous dependence on technology. The digital shift is forcing change at a rampant speed. Our members are expecting more convenient electronic services. As an organization, we have invested a considerable amount of money to modernize our infrastructure concerning our way of doing business in this digital age.

During the past year, our IT Department was successful in implementing over two dozen upgrades to our system, including installing a public Life Base quote system, a new website as well a proposal system for sales representatives. In addition, a credit card processing system was installed for online payments as well as in person or phone payments. Currently, we are working to make available the use of mobile devices. We are committed to providing convenient, courteous and more efficient services to our members.

It has been six years since the United States experienced the recession and what began as a slow climb from a deep hole it is starting to show improvement. 2014 was challenging for the Polish National Alliance to say the least. Low interest rates and lackluster investment performance took their toll on the insurance industry, including the PNA. As an

organization, we are obligated to invest our portfolio in Fixed Income Securities to make certain the funds will be there when our members are in need of them, whether it will be for cash loans, payments for last expenses or annuity distribution.

In the midst of all the changes that the life insurance industry has gone through, we need to accept them and comply. Low returns on our investments over the last six years had an effect on our investments strategy, as well as earnings. Looking at the present market prediction, we don't forecast any spike in interest rates and the return on investments in a very near future.

As an organization, we did recognize the downward spiral in advance and started scaling back on our expenses, to make certain we would be within budget. We have recently engaged an Investment Firm to manage our 400 million dollar portfolio. We are complying with the recommendations of the Insurance Regulators and hope to achieve positive results in the very near future.

An offer has been received and accepted by FLC Holding Company for the sale of PNA Bank. Hopefully, the respective regulators will approve the transaction and a closing will take place in the second quarter of 2015. This is a positive happening for the Polish National Alliance, which will eliminate the oversight by the Federal Reserve as has been the case since 2011.

We have been successful in selling WGEZ, a radio station in Beloit, Wisconsin. After numerous attempts, the closing or actual sale took place on December 31st, of 2014. At the same time we are in the process of reorganizing WPNA 1490. We have hired a new Station Manager, with proper credentials and hope it will revitalize this radio station.

We have seen various strategies for adapting to the changing financial and regulatory landscape with a special focus on the fraternal system. The NAIC adopted corporate governance guidelines, annual disclosure, solvency assessments, and various other regulations over the last few years. As a licensed fraternal organization, we need to comply with these demands which have increased internal costs of operation.

Later this year, we will be hosting the upcoming 47th quadrennial convention to be held in Cleveland, Ohio, starting on Sunday, August 23rd and concluding on Wednesday, August 26th, 2015. This convention

will be somewhat different than the ones in former years; for one it will be shorter which is primarily attributable to the demands of the Illinois Department of Insurance.

The by-laws of the Polish National Alliance were amended to reflect the recommendations made by regulators. I will highlight some of them which will affect the convention; to begin with, the chairman of the convention will be selected, eliminating the nomination of candidates and election of a chair at the convention. The budget will be approved by the Business Board of the Alliance and will be

presented to the Delegates for information purposes. By implementing these two requirements, it will save approximately one day of deliberations at the convention.

In the past, conventions have cost the Polish National Alliance approximately

\$800,000 to \$1,000,000. This upcoming convention has a budget of approximately \$500,000, which cannot be exceeded. This objective needs to be accomplished. We have been doing reducing expenses for the past several years, and need to continue. With the new technology available, information will be forwarded to the elected representatives electronically, with the focus on convenience, speed and cost.

The per diem will be determined by the cost of living as allowed by the Internal Revenue Service in the city of the convention for the current year. The current rate is approximately \$52.00 per day. The actual travel and hotel expenses will be paid as well. Insurance regulators place great emphasis on corporate governance and expenses of organizations.

The 47th convention will need to focus on the business aspects of the organization. The best interest of the Polish National Alliance should be paramount to all its officers, directors and delegates. We need to have the organization's best interest in mind. We have a fiduciary responsibility to do so.

As we celebrate our 135th anniversary let's keep in mind our founders and officers who led this organization and all the members who supported it with their membership, volunteerism and dedication. **HAPPY ANNIVERSARY!**

Wishing all our members the best in health, happiness and prosperity in 2015!

Sincerely,
Frank J. Spula, FLMI
President





From the Editor

February, 2015

Dear Members,

I hope 2015 will be a good year for all of us, PNA members, as well as the organization. I look forward to see some of you at the upcoming 47th PNA Convention in Cleveland, Ohio.

I'm glad to see Zgoda's "We are proud of" section expanding. We have so many highly accomplished members of all ages, that are making difference in their communities. Please, let me know about them.

I cannot stress enough how important it is to me to have good quality pictures. Please, send them as an attachment (jpg) via e-mail, if you can.

I will do my best to balance the English and Polish language articles. We will continue the Unesco World Heritage series about Polish National Treasures, and articles on Polish and American history and traditions.

Please, let me know what is going on in your neck of the woods. Share your stories about fraternal life as well as the life of Polonia. Don't forget about the pictures, they are worth a thousand words... but memories are priceless. Together, we are creating the PNA Memory Book called Zgoda.

Since the next Zgoda will be published in May, I wish you all a Happy Easter (April 2, 2015).



Most Sincerely,

Alicja Kuklińska
Editor

Happy 135th Birthday Polish National Alliance!



The Polish National Alliance was formed in 1880 in Philadelphia, Pennsylvania and Chicago, Illinois by immigrant patriots whose aim was to unite the members of the Polish community in America. In 1881, the PNA set up its newspaper, Zgoda (Eng. Harmony) to promote its objectives. In 1885, it established an insurance program for the financial benefit of all that wished to join the Alliance. From the early 1890s, it created variety of programs aimed at enlightening the members of the Polish Community in the United States about their heritage and their citizen rights and obligation as Americans. To further these objectives, the PNA established its own daily newspaper, Dziennik Zwiaskowy (Polish Daily News). Since 1880, when the PNA began providing insurance protection for Americans of Polish origins and ancestry and their families, friends and neighbors, around two million people benefited from belonging to the PNA family by owning quality life insurance and by taking advantage of its fraternal programs.

The Polish National Alliance was formed by hard working people that wanted the very best for their families and friends. Today it is open for everyone who wants the same. Polish National Alliance is the largest ethnic fraternal organization in the United States.

*Founding Fathers of the
Polish National Alliance: J.
Blachowski,
J. Andrzejkowicz,
J. Lipinski,
J. Popielinski,
J. Szajnert.
Philadelphia,
PA, 1880.*



Combined Convention Of District XII and the Women's Division

On Sunday, October 19, 2014 forty-one delegates and twenty-one guests gathered at the New Warsaw Restaurant and Banquet Hall in Chicago, Illinois for the combined convention of District XII and the Women's Division. The Convention was called to order by Commissioners Barbara Wesolowski and Jerzy Hejna at 12:30 p.m. Commissioner Hejna welcomed all the delegates and guests and appointed District XII Secretary Shirley Wass to serve as the Secretary of the Convention. Commissioner Wesolowski introduced all the National Officers to the assembly: PNA President Frank Spula, Vice-President Paul Odrobina, Treasurer Marian Grabowski, Secretary Charles Komosa, Region "H" Directors Christine Domalewski, Irene Hercik, Wanda Penar, District XIII Commissioner Joseph Hercik, past PNA Directors Cecilia Tomaszkiwicz and Arthur Trybek, and former District XII Commissioners Anna Kokoszka and Roman Bucon.

Former Commissioner Anna Kokoszka led the singing of the



American and Polish anthems and offered a prayer and reflection, in Polish and in English, for all deceased members of District XII since the last convention. A special remembrance was made with the passing of Helen Orawiec, Helen Wojtowicz, Alfreda Ziemiński and Walter Tokarz, who were all present at last year's Sejmik. Joseph Kokoszka, husband of Anna, was also buried just a few weeks ago.

The Mandate Committee of Judith Trybek and Stanisława

Stekala called the roll of delegates and confirmed that forty-one delegates were present. Secretary Komosa administered the oath to the delegates. He then extended congratulations to President Frank Spula on his recent re-election as National President of the Polish American Congress.

Minutes of the October 13, 2013 convention were distributed prior to the meeting and the minutes were approved by the delegates. A letter from PNA Censor Wesley Musial was read expressing congratulations to the delegates and emphasizing the need for increased policy sales. Joseph Dobersztyn, Treasurer of District XII, delivered the Financial Report. Commissioner Wesolowski read the Financial Report of the Women's Division. Motions to accept the reports were made and seconded. All approved.

Commissioners Wesolowski and Hejna shared detailed reports of their active participation in many PNA and Polish-American community activities. Commissioner Hejna thanked all who supported the third District XII Golf Outing



held in September and offered a "50/50" commission plan for those Councils and Lodges who secured donations and/or golfers. The following groups received their commissions: Lodge 1824 (\$500), Council 80 (\$300) and Lodge 825 (\$100). The same plan will be in effect for the next Golf Outing.

Judith Trybek, Treasurer of the District XII Youth Home Corporation and Chairperson of the Scholarship Committee presented her report. For the 2014-15 school year, the Corporation awarded 19 scholarships totalling \$7,000. The assets of the Corporation total \$280,296.80. Since its inception, the Youth Home Corporation has awarded 833 scholarships for a grand total of \$402,250.

Edward Mika, President of the PNA Youth Camp Association of Districts XII and XIII informed the assembly of the various actions that have been taken to promote the Camp. He explained that the Camp's focus can no longer be limited to membership attendance. Contracts with other agencies to rent the campgrounds have been solicited. These efforts, along with decreased spending have improved the Camp's financial situation.

Irene Spiewak reported on the activities of the Polish American Congress. She also shared a wonderful, winning essay, written by Elzbieta Skorupski, focusing on why Casimir Pulaski Day should be reinstated in Illinois.

The Keynote Address was presented by President Frank Spula. Mr Spula spoke about several aspects of the organization.

- Emphasized the need to focus on the future objectives of the Organization
- Reported that due to costs and improved technology the number of PNA employees has been downsized
- Reported a decrease in assets due to the bad economy

- Discussed the Audit Review by the Department of Insurance and the recommendations to cut costs
- Spoke of the sale of two buildings in New York and the future sale of the radio station in Beloit, Wisconsin and hopefully the PNA Banks
- Assured the group that the PNA's economic outlook is good and the PNA Banks are solid and governmentally insured
- Stated that the organization is simply adapting to the country's present economic environment
- Acknowledged the sales representatives of District XII and thanked all who sold policies
- Announced that next year's Convention will be in Cleveland, Ohio, August 23-26, 2015

Commissioner Hejna awarded the District XII's Best Salesperson of 2014 to Agata Czerwosz from Lodge 1824, Council 80, who has sold fifteen policies so far this year.

Three positions were up for election: Treasurer, Secretary, and Marshall.

Jan Chlipala was nominated for Marshall; Joseph Dobersztyn was nominated for Treasurer;

and Shirley Wass for Secretary. With no other nominations for these offices, the nominations were closed and a motion was made to elect these nominees to their

respective positions. All the nominees accepted to serve the District. VP Paul Odrobina administered the oath of the newly elected officers.

The Mandate and Election Committees were disbanded and Commissioner Wesolowski called upon the Council Presidents or their representatives to share their reports.

During the Open Forum, Commissioner Hejna moved that \$25 be given to the Youth Camp Association for each District XII child who attends the Youth Camp Summer Program in Yorkville, Illinois in 2015. The motion was seconded and approved by the delegates.

Representatives to the Youth Camp Association, Youth Home Corporation and Polish American Congress were appointed.

All the National Officers, Directors and Commissioners extended good wishes to the delegates and their families. With no other business, the motion to adjourn was made and passed. The Convention ended at 2:45 p.m. All the delegates and guests enjoyed a delicious Polish sit-down dinner with their fraternal friends. A prize raffle concluded the afternoon.

*Submitted by Barbara Wesolowski;
Photos by Bogumila Hejna*



Council 55 Celebrates 100th Anniversary

Cicero, Illinois – PNA Council 55 recently celebrated their 100th Anniversary at the Mayfield Banquet Hall in Chicago, Illinois on Sunday, November 9, 2014. It certainly was a family celebration with members and friends enjoying their fraternal milestone. The Council was chartered in 1914, and it was noted that the Anniversary was celebrated on the same day as the Berlin Wall fell. The Council has 4 lodges that are still listed active with the PNA.

The Council was instrumental with the Harcestwo movement is its early days which led to the start of the PNA Youth Camp Association in Yorkville, Illinois. They assisted the American Red Cross during World Wars I and II. The Council is active in the Polish American Congress, has made donations to the Laski School of



Welcoming Committee – Alice Kristen, Helen Szymankowski, Virginia Nelson, Mildred Calka



Mildred Calka, John Kociolko



PNA Treasurer Marian Grabowski, Vice President Paul C. Odrobina, Cecelia Tomaszkievicz, Walter Cygan, Mildred Calka, Helen Szymankowski, Virginia Nelson, PNA President Frank Spula

the Blind in Poland, raised money for the erection of the Copernicus Monument in Downtown Chicago, ran tours to Poland, donated books to the Cicero Public Library and Slavic Language Department of the University of Chicago and supports St. Mary of Czestochowa Church in Cicero, Illinois. The list grows with the many things Council 55 does for the community and Polonia.

Before dinner, President Mildred Calka welcomed the guests, followed by Melanie Tomaszkievicz and Mildred Calka leading all in the singing of the National Anthems. Former PNA Commissioner Anna Kokoszka read a poem written by past PNA National Treasurer and Lodge 825, Michael Tomaszkievicz, father of Adam (who followed in his father's footsteps and also was National PNA Treasurer).

PNA President Frank Spula recalled the many people who worked diligently in the success in the Council namely, A. Kaliszewski, Adam Tomaszkievicz, Andrew

Jadach, Anna Rychlinska, Lous C. Poprawski, Joseph Calka and currently Mildred Calka, along with the many other notable people like Stefania Gondek, Mary Chochola, Mary Witczak, and family members of the Jablonski, Chojnacki, Gawle, Cebrzynski, Verdulgo, Jadach, Dziubala and Pietrzak just to name a few. Mr. Spula presented awards to the current officers, Mildred Calka, Helen Szymankowski, Walter Cygan and Virginia Nelson and a special award to former PNA Director Cecelia Tomaszkievicz. Mr. Spula was assisted by PNA Vice President Paul Odrobina and National Treasurer Marian Grabowski. Mr. Odrobina then offered a congratulatory toast to the members of Council 55, by wishing the Council and its members another 100 years with good health and prosperity. The final speaker was John Kociolko, a member of Lodge 825 and former Trustee of the Town of Cicero who presented a Proclamation to the Council from the Town of Cicero.

Story and photos by: Robert M. Jadach

PNA Seniors Enjoys Trip to New Buffalo, Michigan

Chicago, Illinois – On Wednesday, November 19, 2014, over 100 people enjoyed a day long excursion to the Four Winds Casino in New Buffalo, Michigan. Polish National Alliance Vice President Paul Odrobina greeted those who attended from the North Side at the PNA Home Office parking lot, while Joan Oskorep and Robert Jadach took care of the bus from the South Side at the Mayfield Banquet Hall. This was a joint effort of the PNA along with the Polish Women's Alliance and Polish Roman Catholic Union of America.

When asked, the seniors commented that it was an enjoyable day away, some of them were lucky, some were not, some went with their friends, but all said that they had a terrific time.

Story and photos by: Robert M. Jadach



PNA Vice President Paul Odrobina with Seniors on the North Side Bus



Joan Oskorep with some of the Seniors from the South Side Bus

PNA Assisted Children in Need with Annual Christmas Toy Drive

Chicago, Illinois - The Polish National Alliance held their annual toy drive for needy children from November through the second week of December 2014. A large decorated carton stood in the lobby of the Home Office for donations that would be given by PNA Employees and guests who entered the building. The PNA affiliates, the two PNA Bank locations (Niles and South Pulaski Avenue in Chicago) and the Polish Daily News (Dziennik Związkowy) also participated in the toy drive with drop off boxes in their buildings. This year the donations were exceptionally generous.



(from l-r) PNA Treasurer Marian Grabowski and PNA Vice President Paul C. Odrobina with toy donations.

PNA President Frank Spula (a generous contributor of donated toys) appointed Vice President Paul Odrobina to oversee the collections. Mr. Odrobina's Administrative Assistant Joan Oskorep assisted in the organizing of the drive. Many of the Employees donated cash or brought items in as well. Cash donations were used to purchase additional toys from area stores.

On Wednesday, many large boxes containing over 200 donated toys, games, stuffed animals and books were delivered to two locations; Presence Hospital (formerly Resurrection Hospital) Pediatrics unit in Chicago, Illinois and to the Women's Center also in Chicago. Vice President Odrobina and his staff members Joan Oskorep and Robert Jadach delivered the donations to both locations. The staff from the Hospital and Women's Center were very grateful for the donations and would like to thank everyone who donated a gift or gifts to make a needy or ill child at Christmas smile.



Story and Photo by: Robert M. Jadach

Kolędowanie z Lajkonikiem

Zespół Pieśni i Tańca Lajkonik (Grupa 3241 Związku Narodowego Polskiego, rozpoczął 25. rok swojej artystycznej działalności którym kieruje pani Halina Misterka, Dyrektor Artystyczny i choreograf.

Artyści ze wszystkich grup wiekowych zespołu spotkali się, aby uczcić jubileusz wspólnym kolędowaniem i tańcem. Spektakl rozpoczął się scenką powitania Świętej Rodziny, w której wystąpili Arleta Gromek i Sebastian Cyran; młodzi artyści z zapałem śpiewali kolędy. Był opłatek, życzenia i poczęstunek przygotowany w całości przez mamy tancerek i tancerzy.

Spektakl zakończyła wizyta tradycyjnej grupy kolędników psocących i zbierających drobne datki. W orszaku Lajkonika nie zabrakło króla Heroda, śmierci, diabła, turonia i żyda. Pojawił się nawet bocian obdarowujący panie z publiczności lalkami. Wieczór zakończyło wspólne śpiewanie kolęd. Akompaniowała Marta Dudek oraz młodzieżowa kapela zespołu.

Rok 2014 był dla zespołu bardzo udany. Lajkonik wystąpił m.in. na festiwalu w Meksyku oraz na Światowym Festiwalu Polonijnych Zespołów Folklorystycznych w Rzeszowie. Dał wiele koncertów w bibliotekach oraz na różnego rodzaju imprezach miejskich. W rozpoczętym sezonie artystycznym zespół przygotowuje się do koncertu jubileuszowego, który z okazji ćwierćwiecza istnienia odbędzie się w kwietniu. Latem jedna z grup Młodego Lajkonika weźmie udział w festiwalu w Iwoniczu Zdroju.

*Tekst i zdjęcia:
Andrzej Baraniak/NEWSRP*





*Polish National Alliance District X
and the Woman's Division
invite you to a*

Royal Presentation Ball

Saturday, May 2, 2015
American Polish Cultural Center
2975 E. Maple Road, Troy, Michigan 48063

For more information contact
Commissioner Stella Szczesny
(313) 680-4548 or
stellasz@gmail.com



IMPORTANT!

It is possible that you have been named as a beneficiary on your relative's insurance certificate through the Polish National Alliance.

If you are aware or think that you are the designated beneficiary on the life insurance certificate of someone that was a PNA member or know someone that is, please contact our office for further information.

In order to process the claim we will need the following:

- The insured's original Life Insurance Certificate or an Affidavit of Loss Form, which is available through the Home Office and on line.
- A certified copy of a the insured's death certificate
- The address and social security number of the beneficiary
- Complete a claimant's form which is available through the Home Office and on line.

Please call our Claim Department at:

1-800-621-3723

www.pna-znp.org



Council 3 of Chicago, Illinois Elects Officers for 2015



On January 29, 2015, PNA Council 3 held its 102nd electoral meeting at the home office of the Polish National Alliance. President Frank J. Spula conducted the installation of the following officers for 2015:

President – Irene Hercik
Vice President – Joseph Lisak
Vice President – Elizabeth Stolarczuk
Recording Secretary – Roberta Gols
Treasurer – Therese Winters
Sergeant-at-Arms – Joseph Hercik

Photo: Alicja Kuklinska

Noworoczny Koncert Teatru Pieśni i Tańca „Wici”

Polonez, mazur, polki, tańce rzeszowskie, śląskie, góralskie i amerykańskie zaprezentowane przez tancerzy Teatru Pieśni i Tańca „Wici” podczas noworocznego koncertu w salach bankietowych White Eagle, były prawdziwą rewią tanecznych umiejętności i układów choreograficznych i pięknych kostiumów.

Polonezem „Bóg się rodzi” rozpoczęły koncert wszystkie grupy reprezentacyjne Wici. W kolejnych odśłonach śpiewając kolędy i tańcząc, na parkiecie pojawiali się najmłodsi tancerze, młodzież szkolna i seniorzy – zdobywając aplauz widowni. Na rzęsiste oklaski mogli liczyć zarówno najmłodsi wykonawcy, jak i tancerze z pozostałych grup wiekowych.

Z uznaniem widzowie przyjęli amerykańską część koncertu. Clogging i tańce kowbojskie to nie tylko figury taneczne, ale także znakomity pokaz stepowania i ekwilibrystycznych umiejętności.

Publiczność została wręcz podezwana z miejsc wykonaniem siarczystego mazura z opery „Halka” w wykonaniu absolwentów zespołu. Taniec ten został opracowany specjalnie na zamówienie Teatru Wielkiego w Łodzi, który wysta-

wiał operę Stanisława Moniuszki w Wietrznym Mieście.

W artystycznym dorobku zespół ma również wiele innych osiągnięć. Tancerze szczytą się udziałem w takich produkcjach jak: „Dziadek do Orzechów”, „Jezioro Łabędzie”, „Śpiąca Królewna”, „Straszny Dwór” czy „Baron Cygański”. Wici prezentowały polskie tańce na różnych kontynentach uczestnicząc w licznych przeglądach i festiwalach. Od wielu lat biorą udział w Międzynarodowym Festiwalu Zespołów Polonijnych w Rzeszowie.

Założony w 1972 roku zespół od 1983 roku reprezentuje Związek Narodowy Polski i poprzez taniec, muzykę i śpiew promuje polską kulturę wśród polonijnej i amerykańskiej społeczności. Wysokie umiejętności taneczne, oryginalna choreografia, barwne stroje i urok osobisty młodych tancerek i tancerzy są gwarantem sukcesów, jakie zespół odnosił i odnosi w swojej ponad czterdziestoletniej historii.

Nad przygotowaniem poszczególnych grup tanecznych – trzech dorosłych oraz ośmiu dziecięcych i młodzieżowych – dyrektor artystycznej Magdalenie Solarz pomagają choreografowie: Anna Strojny, Kinga Wojdyła-Podstawska,

Agnieszka Kulesza, Becky Lenart i Jason Stratton. Sukcesy estradowe zespół zawdzięcza zarówno pracy i wytrwałości choreografów, jak i całego sztabu wolontariuszy, którzy czuwają nad strojami, zajmują się gromadzeniem funduszy i przygotowywaniem imprez.



W imieniu Związku Narodowego Polskiego, który sprawuje pieczę nad zespołem, podziękowania i życzenia kolejnych sukcesów złożył tancerzom i opiekunom prezes ZNP i KPA Franciszek Spula w asyście dyrektorów związku: Wandy Penar i Stanisławy Rawickiej oraz komisarza Okręgu XIII Wandy Judy.

*Tekst i zdjęcia:
Andrzej Baraniak/NEWSRP*





Świąteczne Spotkanie Studia Tańca Towarzyskiego PNA

Dziewiętnastego grudnia odbyły się przedświąteczne zajęcia uczestników kursu tańca towarzyskiego prowadzonego przez działające przy Związku Narodowym Polskim Studio Tańca Towarzyskiego.

Obok tańca było łamanie się opłatkiem, składanie sobie świątecznych i noworocznych życzeń oraz degustacja wigilijnych potraw. Życzenia uczestnikom kursu złożył osobiście prezes Związku Narodowego Polskiego Franciszek Spuła, wyrażając radość, że Związek Narodowy Polski może gościć pod swoim dachem uczestników tanecznych zajęć i pogratulował kierującej Studium, Elżbiecie Stolarczuk pasji z jaką organizuje i prowadzi zajęcia.



– To już nasza dziewiąta wspólna Wigilia. W pierwszej uczestniczyło 12 osób. Już wtedy raczyliśmy się barszczem ugotowanym przez panią Ninę. Wszyscy rozsmakowali się w tym barszczu i tak jest do dzisiaj – powiedziała gospodyni kursu Elżbieta Stolar-



czuk. Korzystając z okazji pragnę podziękować prezesowi ZNP, Franciszkowi Spułę, za decyzję o utworzeniu naszego kursu, który dla setek uczestników, jacy na przestrzeni tych ośmiu lat nauczyli się poruszać po parkiecie, był miejscem, gdzie w miłej atmosferze mogli spędzić wolne chwile. To naprawdę fajna zabawa i satysfakcja, z faktu, że można nauczyć się tańczyć dosłownie w każdym wieku. Na nasze kursy uczęszczają bardzo młodzi tancerze i seniorzy po osiemdziesiątce. Warto przyjść i spróbować. Umiejętność tańca przyda się każdemu - podkreśliła pani Elżbieta.

Studio działa dynamicznie i rozrasta się w ramach Grupy ZNP 3278, Husaria. Początkowo zajęcia odbywały się tylko raz w tygodniu, z czasem przybywało chętnych. Uczestnicy zostali podzieleni na grupy bardziej i mniej zaawansowane. Obecnie zajęcia odbywają się we wtorki, środy i piatki. Uczestników wciąż przybywa, gdyż taniec jest znakomitą formą relaksu i wyrazem towarzyskiego obycia. Uczestnicy kursów tworzą wielką taneczną rodzinę.

Wiele osób po zapoznaniu się



pod okiem znakomitych nauczycieli: Wojciecha Kozłowskiego i Krzysztofa Kowalczyka z krokami do walca, tanga czy fokstrota pozostaje, aby w dalszym ciągu doskonalić swoje umiejętności w ramach grupy zaawansowanej. Niektórzy rezygnują, bo nie zawsze dysponują czasem na dalszą naukę, a nabyte podstawy wystarczają, żeby na parkiecie poczuć się w miarę pewnie.

*Tekst i zdjęcia
Andrzej Baraniak*

1914-2014

100th Anniversary of Council 91

PNA Council 91 celebrated its 100th Anniversary on September 28, 2014.

The banquet was hosted by Lodge's 2514 President and PNA Director – Mrs. Stanisława Rawicki and held at the White Eagle Banquet Hall and Restaurant in Niles, Illinois.

Polish and American flags were honorably carried in by the Stowarzyszenie Historyczne Armii Polskiej. The Polish and American national anthems were beautifully delivered by Marlena Dzis, and accompanied by Jarosław Golembiowski on piano.

Mrs. Rawicki formally introduced the honorable guests, including PNA President Frank J. Spula, Chicago Consul of RP Robert Rusiecki, Vice-President Teresa Abick, Vice-President Paul Odrobina, P.A.C. of Illinois President Irene Moskal - DelGiudice, Father Andrzej Maslejak of Holy Trinity Church, Mayor of Niles Andrzej Przybyło and Father

Adam Z. Wsól of Polish National Church.

The main speaker President Frank J. Spula congratulated all of the Council members as well as its Board for their ongoing progress and hard work, and wished the Council and its members another fruitful 100 years.

Besides the longtime connections to the PAC that carried forth progress, the following Council members were honorably mentioned for their dedication and contributions to the Council 91; Bolek Berka, Krystyna Białasiewicz, Elżbieta Cimołowicz Tomasz Dąbrowski, Marek Duszczak, Jarosław Golembiowski, Camille Kapiński, Maria Kozłowska, Teresa Malicka, Maria Pestrak, Alicja Poniecki, Florian Poniecki, Feliks Rembalski, Maria Roszek and Anna Winiarska.

Polish Consul, Robert Rusiecki stepped to the podium to thank the Council for upholding Polish

culture, and congratulated the banquet's successful turnout.

Father Andrzej Maslejak led the prayer in memory of past members, as well as to honor the soldiers who fought for our nations' freedoms during World War II. Jarosław Golembiowski performed his very own piano composition: "Zdrowas Mario" (Hail Mary) with vocalist Marlena Dzis.

The next musical delight of the evening was led by the incredibly talented string duo of two sisters, Patrycja and Agnieszka Likos, as well as Jana Pawłowska on piano. To commemorate the 70th anniversary of the Warsaw uprising, "March of Mokotów" was part of the event's musical selection, as well as "Kujawiak" by H. Wieniawski, "Czardas" by V. Montego.

To start the dinner, Mayor Andrzej Przybyło raised a toast. The guests were delighted by a vibrant performance of the Wici – Song and Dance Theatre and their Polonaise and Cracovian and enjoyed kremówki – dessert that was a favorite of St. John Paul II.

Once Father Wsól concluded the dinner with a formal prayer for the Council, PNA, and whole Polonia, the rest of the night was celebrated on the dance floor in an upbeat atmosphere created by the Marcus Band.

It was truly a centennial event and celebration of fraternalism and unity of Polonia.

*Submitted by: Stanisława Rawicki,
Director of District XII.*

Council 91 - 100th Anniversary 1914-2014



Council 62 PNA Installs Officers For 2015

Willimansett, MA. Council 62 Polish National Alliance delegates of Chicopee, MA held their 2015 annual meeting and elections at the Pulaski Club, Willimansett, MA. Installing Officer, Helena Jalbert, PNA Lodge 2279, administered the oath of office to elected delegates and officers. Council 62's challenge is to increase PNA membership and has organized a membership contest for all its delegates for the year 2015.



Pictured left to right: Richard Knurek, 2nd Vice President; Brian Gendron, Treasurer; Teresa Struziak Sherman, former PNA National Director Region "A", Financial and Recording Secretary; Jeannie Zapala, Commissioner PNA District 1, 1st Vice President, and Gilbert J. Sherman, President.



Gilbert Sherman at **413-596-9578** or e-mail: **Terrysherm@aol.com**.

Easter Egg Hunt

Council 62 PNA is preparing for the Annual Easter Egg Hunt on March 28, 2015 at the Pulaski Club, 13 Norman Street, Chicopee, MA for children ages 0-10, with registration at 11:30 A.M. We look forward to many eager participants. Anyone interested in attending the Easter Egg Hunt should contact



should contact Gene Kirejczyk at 48 Szetela Drive, Chicopee, MA 01013, or call 413-592-0227 for a camp brochure and registration form.

Camp Stanica

The co-educational overnight camping season will open for children ages 6-14 at Camp Stanica, the Polish Alliance Youth Camp in Bondsville, MA. Camping for Session I is July 12-18. Session II is from July 19-25. Anyone interested in sending a child to camp

Lodge 711 Conducts 2015 Elections

Chicopee, MA: Members of the PNA Lodge 711 of Chicopee, MA held their annual meeting and election of officers for the year 2015 at the Pulaski Club, Willimansett, MA on December 7, 2014. Installing officer, Cindy Kirejczyk, administered the oath of office to officers and elected delegates. This energetic team is ready to begin a fruitful year of support for the great ideals of our Polish National Alliance. Sto lat!

*Submitted by:
Teresa Struziak Sherman*



Pictured left to right: Mitchell Nowak, First Vice President and Auditor; Adella Strycharz, Recording Secretary/Treasurer; former PNA Director Region "A" Teresa Struziak Sherman, Financial Secretary / Sales Representative; Gilbert J. Sherman, President, and Gene Kirejczyk, Second Vice President and Auditor.

Submitted by: Teresa Struziak Sherman

Lodge 1684 Elected Officers for 2015



PNA Lodge 1684 had an election of Officers for 2015 on December 13, 2014.

The elected Officers are as follows: from left to right first row: Stanley Bobek Sergeant at Arms. Mary Sala, Recording Secretary. Maria Swieton, 1st Vice President. Janina Wiercioch, Treasurer. Danuta Duda, Director. Zbigniew Swieton, Vice President. John Sala, Director. Walter Brzozowski, President. Marian Wiercioch - Insurance Secretary and Commissioner of District 3. Kaz Matala, Director.

Submitted by: Comissionner Marian Wiercioch

Fraternal - Cohoes PNA Lodge 1684 Christmas Party "Wigilia"



Members of Cohoes PNA Lodge 1684, attended 2014 Christmas Party "Wigilia" at the Polish Community Center in Albany, NY.

Submitted by: Marian Wiercioch

Polish National Alliance Scholarship Program

Deadline is April 15th, 2015



The Polish National Alliance is pleased to announce the PNA's Annual College Scholarships. The program is available to all PNA members who are currently enrolled as full time College or University students and who will be continuing their undergraduate studies in the Fall 2015 semesters.

Full-time students who will be Sophomores, Juniors and Seniors in the Fall 2015 semester qualify for scholarships. Incoming freshmen do not qualify.

Please check Fraternal Benefits/Scholarship Program tabs for Rules, Regulations and Application.

You may also request the Application by e-mailing:

mary.srodon@pna-znp.org

or calling: **1-800-621-3723 ext. 312.**

www.pna-znp.org



The Polish National Alliance is proud of this program. It is not only a substantial demonstration of our organization's dedication to fraternalism but is also keeping with our historic commitment to support the intellectual and educational aspirations of our members.

District VII Annual Convention

WILKES-BARRE, PA – The Polish National Alliance District VII Northeastern Pennsylvania recently held their annual convention at Our Lady of Hope Parish, Wilkes-Barre.

Commissioners Dawne Griffith and Michael co-chaired the session opening up the meeting with a prayer for all deceased district members followed by the Pledge of Allegiance and all singing “Jeszcze Polska Nie Zginęła.” Participants included 10 Councils and 12 Lodges.

Commissioners Griffith and Matiko welcomed all members in attendance.

Reports were given both concerning the activities in the district since the last convention.

National Director of Region “D” Teresa Buckoski spoke of the upcoming PNA National Convention to be held in August and come of the changes that have occurred in the Home Office.



*Censor Wesley Musial,
Teresa Buckoski, Brian Buckoski,
Ted Harowicz*

He noted everyone here should make every effort to promote the PNA and get their family members involved. He spoke of the changes that will be taking place in the upcoming future of the organization and those that have already been completed.

Bernadine Babetski secretary of Council 42 had been elected as “Woman of the Year.” She has also served by her husband Al Babetski side during his term of office for District VII.



*Elizabeth Salitis, Leonard Swida,
June Swida*

David Popek had been selected as “Man of the Year.” He has been serving as president of his Lodge since 1991 until the present. He also served as the districts treasurer for many years. Both were presen-



Albert Babetski, commissioners, Michael Matiko, Dawne Griffith, director Teresa Buckoski, censor Wesley Musial, former commissioners, Bernard Dymond, Carol Matiko, Patricia Sulkowski

ted with an award from the District.

Former commissioners Bernard Dymond and Al Babetski received citations from Home Office for signing up members.



Patricia Sulkowski, Shirley Krzysik, Bernard Dymond

Officers for the upcoming year selected were: Ed Suchecki, first Vice-President; June Swida, Treasurer; Carol Matiko, Secretary.



*Sept Harowicz, Albert Babetski,
Bernadine Babetski*

Delegates to the Convention included: Septa Harowicz, Ted Harowicz, June Swida, Lenny Swida, Bernard Dymond, Dawn Griffiths, James Griffith, Albert Babetski, Bernadine Babetski, Carol Matiko, Michael Matiko, Helen Knapp, Ed Suchecki, Elizabeth Salitis, Patricia Sulkowski, and Shirley Krzysik.

*Submitted by:
Commissioner
Michael Matiko,
District VII*



District 1 Annual Convention

To all Councils and Lodges in District 1
of the Polish National Alliance by the
authority vested in us,
according to the Constitution
of the Polish National Alliance.
We are calling the Annual District 1
Combined Convention hosted
by Lodge 525 for:

**Saturday, April 18, 2015 at 11:00 A.M.
Pulaski Hall, 13 Norman St, Chicopee, MA.**

It is of great importance that
all Lodges and Councils send
a full Complement of delegates
to this Convention.

Councils are entitled to (1) Delegate for
every (500) members and Lodges
are entitled to two (2) delegates.
From the Woman's Division each Council
is entitled to two (2) delegates and each
Lodge entitled to two (2) delegates.
President Frank J. Spula and Executive
Officers are cordially invited to attend.

*Jeannie Zapala, Frank Wolanin,
Commissioners, District 1*

DISTRICT 3 JOINT CONVENTION

To all Councils and Lodges in District 3
Of the Polish National Alliance

By the authority vested in us, according to the
Constitution of the Polish National Alliance,
we are calling the annual District 3 Convention

**Sunday April 26, 2015, 8:30 A.M.
Our Lady of Czestochowa/St. Casmir's
183 – 25th Street, Brooklyn, NY 11232**

The Councils are entitled to one (1) Delegate per
500 members and Lodges are entitled to two (2)
Delegates. The Women's Division has an unlimited
number of Delegates.
Delegates are requested to have written reports of
their activities in the Council or Lodge.

Helen Pater, Marian Wiercioch, Commissioners, District 3



PNA District XIV Convention

In accordance with the
constitution of the Polish
National Alliance, we the
Commissioners of District
XIV, hereby call the
Convention of the District
for **Saturday, April 18,
2015 at 10:00 A.M
at the Minto ND
Community Center,
114 Harvey Avenue,
Minto, ND 58261.**

Councils and Lodges are
requested to send their full
complement of delegates
to the Convention. Former
National officers and
delegates, Council and
Lodge officers, and PNA
Sales Reps are encouraged
to attend, as well as any
members interested in the
future of the Polish National
Alliance.

We are extending an
invitation to the PNA
National Officers, National
Director of Region "J"
Sandra Schuster, and
Censor Wesley Musial.

*Teresa Jankowski and
Gary Babinski
PNA District XIV
Commissioners*

We Remember the Veterans

We were so lucky to have beautiful weather on Nov. 8th 2014, the day Gmina 84 (District 3) sponsored their 21st annual wreath laying tribute to the VETERANS. The beautiful monument lists hundreds of Polish Soldiers who fought in



WWII. Polonia of South Brooklyn wanted to have a lasting memory for all to see, a superb gesture on their part.

The monument is located in the magnificent gardens of the Grand Prospect Hall and we are grateful to Mr. and Mrs. Halkias to allow this tradition to continue. They are wonderful people who always open their doors to all attendees. They serve cookies and hot coffee/tea ... which is appreciated on a sunny but cold fall day.

The program started with the

presentation of colors by the members of the Lukowski Post #7096 and the Ladies Auxiliary. Everyone sang the Polish and American Anthems. Adele Iwachow (Pres. Gmina 84) welcomed everyone and Barbara R. Blyskal (Mistress of Ceremonies, Sec'y Gmina 84 and past Commissioner District 3) called upon Rev. Janusz Dymek (Administrator of O.L. of Czestochowa-St. Casimir R.C. Church) for the invocation.

Steven Zeltser (Director of South Brooklyn's Community Affairs Liaison) greeted all on behalf of



Eric Adams, Brooklyn Borough President. Steven can be seen on a picture with some of the Jutrzenka girls.

I, Helen Pater, (Commissioner District 3) spoke next. I took



advantage of the youthful audience and gave a little history lesson. At the 11th hour of the 11th day of the 11th month of 1918, an armistice between Germany and the



Allied Forces went into effect. On that date in 1919, Armistice Day was commemorated for the first time. President Woodrow Wilson



proclaimed that the day be filled with "solemn pride in the heroism of those who died in the country's service and with gratitude for the victory." Armistice Day is now called Veterans Day and we not only honor those who lost their

lives but ALL military personnel who served in all wars, particularly living veterans. Edward Blyskal (Barbara's husband) and Zygmunt Bielski were called to the stage and all applauded these two veterans. I told the "kids of today" not to take the freedoms we enjoy for granted. Be vigilant at all times ... don't be followers and get involved with peers who might lead you down the wrong path ... be strong ... be a leader ... talk to your parents about your concerns.

Thank you to Vice President Paul Odrobina and the generosity of the PNA, everyone received lapel pins with the Polish and American flags.

Barbara Introduced the Polish Scouts (Troops Trzy Korony and Pulaski) who had a presentation in song, poetry and roll call. Mary Bielski is the Regional person who arranged for the scouts to be present.

A patriotic musical tribute was presented by Jutrzenka Singing Society #226 PSAA directed by Izabella Kobus Salkin. Barbara (Pres. Jutrzenka) loves to get the audience involved and all joined



Jutrzenka in singing Battle Hymn of the Republic, America the Beautiful, Let There Be Peace on Earth and God Bless America.

Barbara asked Rev. Dymek to give the benediction and then she closed the program with a few remarks.

We look to the future, see you next year on Nov. 7th, 2015.

*Submitted by:
Commissioner Helen Pater*

Polish National Alliance 10th Annual Polish Food Festival

**Saturday,
March 28, 2015
3:00 – 7:00 p.m.**

Minto Community Center
Minto, ND

Serving

- Pierogies
- Kluski (Potato Dumplings)
- Ziemniak/Bulva Placek (Potato Pancakes)
- Kielbasa (Homemade Polish Sausage)
- Golabki (Cabbage Rolls)
- Kapusta (Sauerkraut and Pork Ribs)
- Pork and Horseradish/Mustard
- Czarnina (Sweet Duck Soup)
- Assorted Salads
- Desserts

Dancers Performing @ 3:30 p.m. | Polish Store | „Live” Auction | Free Will Offering

Officers Elected for 2015, Lodge 3043 of Minto, ND

Left to right:
Roger Schuster - Vice President;
Art Wosick - Treasurer;
Sheila Czapiewski - Lady Vice President;
Sandra Schuster - Financial Secretary;
James Gudajtes - Lodge President.



Presentation Ball

Livonia, Michigan

On January 17th, 2015 the Polish National Alliance Centennial Dancers and Lodge 53 honored our graduates Kailyn Delonis, Alexis Dolecki, Emily Fradette, Hannah Gove, and Kristen Karwan at our 24th presentation ball.



The artistic choreography of Natalie Jedruszko and assistant instructor Marie Stawasz was evident in every move by the debutants and their escorts as they flowed to the beautiful Polonez, “Wiairusy – Zespol Akorde onis-tow” by Tadeusz Wesolowski and the lovely “Waves of the Danube”



by Gran Orzuestra Vienesa.

The guests and students were welcomed by PNA Centennial Dance Director Barb Martin and Robert Karwan. A toast to the Debutantes was given by Veronica Fradette and Lauren Karwan and the blessing was led by Courtney



Delonis and Julia Fradette, all alumni of the PNA Centennial Dancers.

Gifts were given to the debutants by PNA Centennial Dancers Board of Directors, Vera Gove, Deb Karwan, Denise Bielski, Jeanne Deren, Jan Favot, Ron Martin, and Lodge 53 Vice President Randy Favot.

Kailyn Delonis, escorted by Robert Hausz, is the daughter of Rick and Lise Marie and sister of

Courtney and Ricky.

Alexis Dolecki, escorted by Dawid Dechnik, is the daughter of Robert and Dolores and the sister of Robert Jr. and Nicholas.

Emily Fradette, escorted by Andrew Pietrzak, is the daughter of Cheryl and Daniel, and sister of Julia, Veronica, and Rachel.

Hannah Gove escorted by Darek Hausz and is the daughter of Thomas and Veronica, the sister of Matthew and host sister



of Zheyuan (Julian) Chen.

Kristen Karwan escorted by Mateusz Pelic and is the daughter of Robert and Deborah, and sibling of Danielle and Lauren.

We thank all of our guests for supporting our debutantes, including PNA Vice President Teresa Abick who has been a wonderful inspiration for this ball and all of our youth events.

We also welcomed PNA Commissioners Stella Szczesny and Tom Schemanski; District X Officers Joan and John Baritche; Council 54 President Robert Karwan; past Council Presidents Dave Rekuc and John LaCroix, PN A Lodge 53 President Ron Martin, Director of Alliance Dancers and Polanie, Christine Kryszko; Assistant Director of Polanie Marta Hausz, and the many Lodge presidents, officers and members in attendance.

A delicious meal followed by the music of The Coachmen, long time favorites of the PNA Centennial Dancers, kept the guests dancing for hours as they enjoyed the many polkas and favorite music that this amazing band played for our dancing and listening pleasure.

The ball was a night to remember due to the cooperation and teamwork of our Lodge and dance group families. Our alumni came out to help as well as past and current officers of PNA Lodge 53 and Council 54. It takes many hands to make a beautiful and amazing memory for our youth, and very heartwarming when youth from the past years return to support our current students. We look forward to our next year's presentation ball, and the 35th anniversary of the PNA Centennial Dancers!

Submitted by: Barbara Martin, Director of the PNA Centennial Dancers.

Centennial Dancers

Livonia, Michigan

The PNA Centennial Dancers have been quite busy this past year. With many new dance students to keep our choreographers Miss Natalia Jedruszko and Miss Marie Stawasz very busy teaching new songs, games and dances, we have also been performing for a few local fundraisers.



In September we performed at the Plymouth Fall Festival, where we start out our new dance school year by performing at our own fundraiser, the Polish Kitchen. In October, for Polish Heritage Month, we performed at the local American Legion helping them



raise money for the patients at the Veterans hospital in Ann Arbor. In January our students performed for the fundraiser at the Dad's Club of one of our local parishes.

All of these performances are possible because of the wonderful participation by the parents of our dance school parents and families. It is so very heartwarming to see everyone working together to help at a performance! There is much to getting ready to perform when you are bringing young children. Our dance school consists of preschoolers through high school. The youngest children made their debut at a dad's club fundraising dinner this past week, and all of them performed superbly! All the credit is due to our

choreographers who taught them well, and to their parents who stepped up and made the children look wonderful!

The groups for whom the children performed for have been extremely grateful and have asked us to return for their fundraisers in the future.

Submitted by: Barbara Martin, Director of the PNA Centennial Dancers.



Chicago Society 2015 Inaugural Ball

The Chicago Society's PNA Lodge 1450 Annual Inaugural Ball and Installation of Officers was held on Saturday, January 31, 2015, at The Elmcrest located in Elmwood Park, Illinois. The evening was beautiful and one to enjoy the warmth of camaraderie. Upon entering the Elmcrest, over 190 guests were offered flutes of champagne and gourmet hors d'oeuvres served by a gracious staff.



The festivities began with Alexandra Podowska leading the guests in the National Anthems of the United States of America and the Republic of Poland. Ball Chairman Ro Matuszczak welcomed the guests and then



introduced Father Robert Fedek, pastor of Our Lady of Victory Church, who gave the invocation. A group of the Wici Dancers put on a special dance during dinner. Brother President Thaddeus Makarewicz was called on to present the Persons of the Year Award to our honorees, Frank Spula, President of the Polish National Alliance and President of the Polish American Congress, and Andrew Przybylo, Mayor of Niles and businessman.

The Booster Award, given to the member who signed up the most inductees for the year, was presented to Frank Czaja. Outgoing President Mark Orwat gave a short talk which was followed by the Induction of Officers by the Honorable John A. Wasilewski, Cook County Judge – Retired. Incoming president's remarks were made by Thaddeus Makarewicz. Dancing immediately followed to the music of The Music Company.

In the President's Column, there is a listing of the dignitaries present. We would like to add the following: Besides the Marsalek Judges, there were Judge Bill





Rainer; Judge Alexandra Gillespie, and Judge Anne Loftus. Also present were Andrew Hock, Deputy Police Chief of Elmwood Park; Vice President of the Polish National Alliance, Paul Odrobina; Barrett Pedersen, Mayor of Franklin Park; our Brother Member Steve Rakowski, President of the Advocates; Marlene Victorine, City Clerk of Niles and Irene Moskal Del Giudice, President of the Illinois Division, Polish American Congress.



A variety of musical numbers from traditional to contemporary, from polkas and waltzes to romantic melodies by The Music Company was enjoyed by the guests.

Special thanks to Chairman Ro Matuszczak, his wife, Chris, who truly extended herself, to Charles Komosa, member and General Secretary of the Polish National Alliance and T. Ronald Jasinski Herbert, co-chairpersons of the Inaugural. It was the effort of the above named that made for a successful and enjoyable event.

*Submitted by: Charles Komosa,
National Secretary*

2015 SUNSHINE MEMORIAL FOUNDATION DONATION

Sandra Schuster, PNA Director, Region J, of Minto, North Dakota recently presented a \$500 donation to the Sunshine Memorial Foundation of Grand Forks, ND on behalf of PNA Lodge 3043. Schuster also presented an additional donation on her own behalf.



From left, Donovan Larson, CEO of the Sunshine Memorial Foundation, Sandra Schuster of PNA Lodge 3043, and Jena Pierce, Foundation Relations & Development Coordinator of the Foundation.

These donations will help support the Sunshine Hospitality Home project which has been underway in recent years. The Home, which will be built in Grand Forks, ND, will be a place for patients and their families, affected by critical illnesses, diseases and injuries, which must travel to fulfill their healthcare needs. It will seek to provide low or no cost housing options to patient families, their caregivers, or in cases of extended therapy or treatment, possibly the patient themselves.

A hospitality house provides individuals with a place to sleep, eat, keep their belongings, and find comfort. It will be open to all ages and situations and will welcome families from the surrounding region. It will be a place of compassion and peace.

For more information, visit www.SunshineMemorial.org

Submitted by: Sandra Schuster, Director, Region J

PNA Accepts Credit and Debit Card Payments Online

On January 12, 2015, the Polish National Alliance launched the capability of accepting secure online credit and debit card payments via the PNA website at www.pna-znp.org. You can now make a wide range of secure online payments to the PNA using your VISA, MasterCard, Discover and American Express cards.

The following payments are being accepted online now:

- Insurance Premium Payments.
- Policy Loan Payments.
- Registration & Fees for Seniors Events like luncheons, casino trips, etc.
- Registration Fees for Sporting Events like golf, bowling, etc.
- Payments for the PNA Gift Cards program.
- Educational Department payments for trips, book purchases, special events, etc.
- Convention Registration and other related events.
- Charitable Donations.

You can make these payments with confidence that your private information will remain safe and secure. When making a payment, please be sure to give us as much information as possible about the payment so that we may credit it properly. Once your payment processes successfully, you will be able to print a hard copy receipt and then receive a confirmation to the e-mail address you provided when making the payment.

Your payment is processed using a 128-bit secure SSL (Secure Socket Layer) payment page provided by our trusted card payment processing provider Converge / Virtual Merchant. PNA's network systems and GeoTrust SSL certified web server are tested constantly via Trustwave.com and are fully secure and compliant to the payment card industry's strict new PCI DSS credit card processing standards.

You can also make your credit card payments via the telephone to the PNA Direct Billing Department by calling toll-free at 1-800-621-3723 and asking for the Direct Billing Department at extension 351.

There are still some payments that we cannot yet accept through this new payment system, like Insurance New Business Application payments or Lodge Secretary Assessment payments.

If you prefer to make your payments as you did before, you can still do so. We still accept checks and money orders through the mail and cash if you are paying in person.

For more information about this convenient new payment option, please visit our website at www.pna-znp.org and click on the Make a Secure Payment Online graphic.



We hope that you will take advantage of this exciting new and timesaving way to pay with the PNA!

Victor Modlinski
Office Systems Specialist

Tradition of Polish Palms

The celebration of Easter is preceded by Holy Week, which begins with Palm Sunday. Palm branches and twigs commemorate Christ's triumphant entry into Jerusalem. Since in Poland the spring does not start usually until the late April and Poland lacking the palms indigenous to Jerusalem, Poles developed their own tradition of making the Easter palms.

The most popular palms that people usually carry to the church are made of blooming pussy willows branches



called *bazie* or *kotki* decorated with branches of birch, raspberry, currant and also some boxwood *bukspan*, dry flowers and grass, ribbons and other decorations. In the Catholic Church the willow (Polish: *wierzba*) symbolizes the resurrection and the immortality of the soul.

Since the palms are blessed in the church they are stored with a great care at homes, usually near the holy pictures to protect from any misfortunes people and animals. It is believed, that swallowing a willow catkin from a branch consecrated by a priest would bring health, and palm branch placed behind a holy image until the following year would bring the inhabitants luck.

Different regions had their own type of palms. In some regions palms are up to four meters tall, for instance in the region of Nowy Sacz (south of Krakow) or Kurpie region (North-east Poland). In many places the competitions for the most beautiful, decorative and prominent palms are organized.

Palm Sunday - March 29th

A.K.

For those you love and care about...

What can I leave for my loved one or estate?
In this day and age of low interest rates and uncertain economy,
we often think on how to best provide for our loved ones.

**One sure way is through life insurance with only
one single payment providing a life time of benefits.**

The benefits are many: a guaranteed death benefit,
tax deferred accumulation and an increasing death benefit.

What a single premium of \$10,000 would purchase?

AMOUNT OF INSURANCE		
AGE	MALE	FEMALE
55	\$25,425	\$28,136
60	\$22,446	\$24,847
65	\$20,108	\$22,141
70	\$18,081	\$19,806
75	\$16,490	\$17,747
80	\$14,842	\$16,028

Just by looking and comparing you can see the tax free benefits in most situations.

At the age of 65, for a male the immediate benefits are 100 %, at the age of 80,
the benefits are 48% greater than the premium.

In the event of death, after purchasing a single premium whole life at the age of 70
in the amount of \$10,000, the immediate death benefit would be
\$18,081, 80% higher than the premium.

If one were planning to leave a loved one or an organization some funds, there is no safer
way than life insurance to accomplish this purpose. Interest rates are so low in banks right
now hovering at less than 2 %; it would take 30 years to double your investment.

Now, you make the choice which is better and more attractive?

For more information, call your local sales representative or call
Membership Department of the Polish National Alliance at **1-800-621-3723**



We are proud of

Dwieście Lat Bronisława Rynkowski! Member of PNA Lodge 238 (Council 21) Since 1958



BALTIMORE, Md.

— There was quite a celebration here on New Year's Eve, 2014 — The 100th Birthday of Bronisława ("Bronia") Rynkowski. She was born in Baltimore on New Year's Eve of December 31, 1914 to parents Stanislaw and Katarzyna Tomaszewski. In keeping with the Polish Catholic large family

norm of the bygone era, her siblings were Adam, Ewa, Czesław, Stefan, Janina and Kazimierz. Bronia's mature and loving marriage to Adam Rynkowski in 1966 ended with his passing 25 years later in 1991 at age 99.

Over 40 family members and guests attended the early afternoon centennial celebration at the Polish National Alliance, Council 21 petite banquet room. Everyone sang the traditional celebratory "Sto Lat"! ("100 Years"!) with a special emphasis on this auspicious birthday occasion. Blessings and prayers were given in Polish and English. Many toasts were made followed by a recounting of Bronia's long and well-lived years in the forms of spoken words, recalled vignettes, photo albums, and narrated projected photos. A Papal Blessing was received from Pope Francis, as well as greetings from U.S. Senator Barbara Mikulski and other government officials.

After a large buffet featuring tempting Polish cuisine, dancing ensued to the music and crooning of a Polish-orientated accordion duo. And a radiant Bronia was surrounded by everyone dancing a circle around her table, with the merrymakers often stopping to bestow kisses on her cheeks.

With the hale and hearty Bronia Rynkowski now entering the second century of her life in 2015 we must now happily toast her with "Dwieście Lat"! ("200 Hundred Years"!).



*Photo and story submitted by:
Richard P. Poremski,
Polish American Journal*



Dr. Elizabeth Koczera and her parents Ann and Robert Koczera and her sister, Mrs. Wendy Gariglio. All are members of PNA Lodge 536 New Bedford, Massachusetts.

Dr. Elizabeth Koczera, graduated this May from the University of Rhode Island, College of Pharmacy with a Doctor of Pharmacy degree (PharmD). Elizabeth is a licensed pharmacist in Massachusetts and Wisconsin. She is a pharmacy resident at Froedtert Hospital in Milwaukee, Wisconsin. Elizabeth is a 2008 graduate of New Bedford High School in New Bedford Massachusetts. Elizabeth completed her six year program of study and was a proud and grateful recipient of PNA scholarships. Dr. Elizabeth Koczera is a member of PNA Lodge 536, New Bedford Massachusetts.

Submitted by: Bob Koczera

Send all articles, pictures and
correspondence to:

zgoda@pna-znp.org

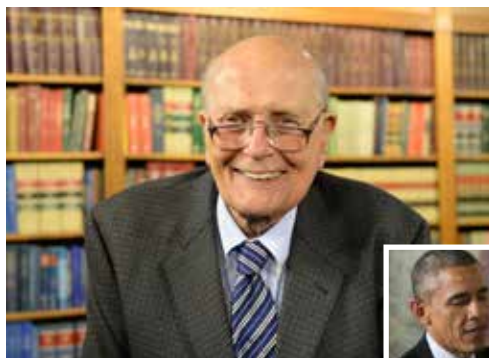
or mail to: Alicja Kuklinska

Zgoda Magazine

6100 N. Cicero Avenue

Chicago, IL 60646





Congressman John Dingell Jr. of Michigan received 2014 Presidential Medal of Freedom. He is PNA member since 1951 and belongs Lodge 1758, Hamtramck, MI

John Dingell Jr. was first elected to U.S. Congress in 1956 and served continuously for 59 years before his retirement at the end of the last year.

Since the time he was elected to serve out the remainder of a term left when his father, Congressman John Dingell Sr. (surname Dzieglewicz) died in 1955, U.S. Rep. John Dingell Jr. has built a congressional career unrivaled in length and as broad in scope and accomplishments as any, attaching his name to many of the seminal legislative achievements of the last 60 years.

A master of parliamentary procedure and with deep friendships on both sides of the political aisle, he helped pass or write some of the most influential legislation of the last six decades, including the Clean Air Act, the Clean Water Act, the Endangered Species Act, the Affordable Care Act and more.

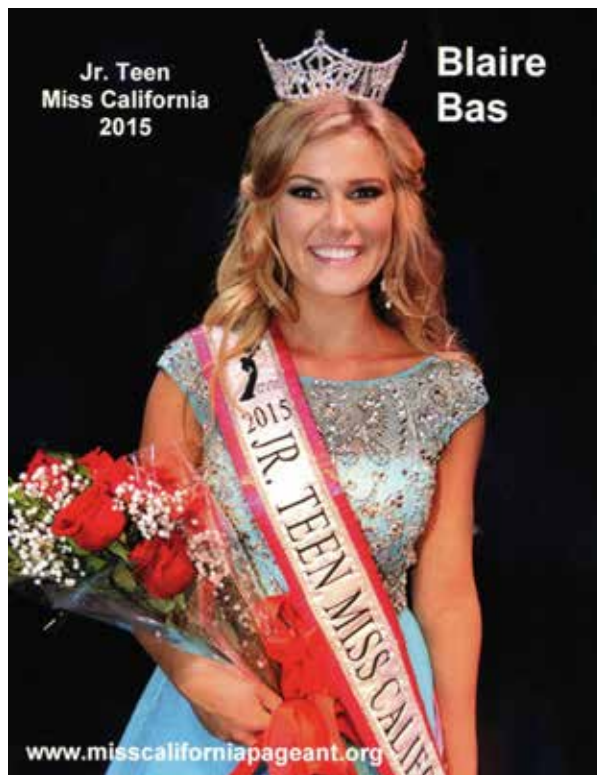
The White House described Dingell, a Dearborn Democrat, as “one of the most influential legislators in history.”

“Few Americans have left a more lasting imprint on the U.S. Congress and the laws of our nation than John Dingell,” said U.S. Rep. Sander Levin, D-Royal Oak. “Our nation is profoundly better off because of his (Dingell’s) great service.”

On behalf of the Polish National Alliance – Congratulations Congressman Dingell!



THE PRESIDENTIAL
MEDAL OF FREEDOM



Blaire Bas, (age 15) member of PNA Lodge 2927 has been chosen as Teen Miss California for 2015 – Council for Youth Empowerment 2014.

First Princess Miss Pomeroy 2015, Blaire is a freshman class president at Mt. Carmel High School in San Diego, CA and maintains high academic standing.

She will be receiving the Presidents Volunteer Service Award (Gold level – highest award given) for over 200 hours of community service in 2014.

Blaire is proud of her Polish heritage and is very active in her school and community. Her very proud parents are Liz Spier and Paul Bas as well as the grandparents Ted and Victoria Bas of Chicago.

We all wish Blaire a bright future and the best of luck. *Szczęść Boże, Blaire!*

Members and Officers of Lodge 2927
Anna Kokoszka – President

*Submitted by: Janina Kosinska,
Financial Secretary of Lodge 2927*

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Teresa N. Abick

As of January 2015, Mrs. Teresa N. Abick,



retired as Vice President of the Polish National Alliance. One January afternoon we set down for a little conversation about her career, retirement and future plans.

Mrs. Abick, how did you get involved with the Polish National Alliance?

At the age of 1, my parents signed me up. They were very active PNA members and so were my 3 brothers. We all belonged to Council 54, Lodge 53.

When I was 19 years old my father suggested that I should run for a delegate to the Council, they put me on the youth committee, so I was always around younger people. We had dancing and singing recitals and also plays (inscenizacje), that the parents, as well as their children got involved. I still remember "Powrót Królowej Jadwigi z Węgier do Polski" and "Wiejskie Wesele" that I participated in.

You were very much involved in the Organization on the local level, when did you run for the national office?

In 1991 I was elected Vice President. I was a recording secretary of the Lodge, delegate to the Council; I was the first woman elected president to Council 54. In 1963, for the first time I was a Delegate to the Convention. In 1987 I was elected as Commissioner of District 10 in Michigan. When Mrs. Szymanowicz was ready to retire, I got a call from her and from Mr. Musielak encouraging me to run for Vice President. I was going to retire in 2011 but I rescinded the retirement to run again, because all the officers but one had opposition and they felt that if I withdraw their ticket will be out of balance, so I ran again and won by a large margin having three contenders. I have been holding this office till January 1st, 2015; hopefully I did a good job.

You were a President for a while, did you like it?

Yes, for 2 months, when Mr. Moskal passed away. It was overwhelming, but a very good experience, that opens up your eyes to what is involved and what are actual responsibilities of the president. I really admire

all of the people that held this position before and now Mr. Spula, he has an awful lot on his shoulders and I appreciate that.

Do you think that one day we will have a women President?

Yes, why shouldn't it be? Women make a difference in this organization.

What was the biggest challenge of your career?

In Michigan I was always involved in politics, I worked for a Congressman, a State Senator, State Representative, a Judge, a Mayor in the City of Dearborn, so my experience was of a political nature. When I came to Chicago, my eyes opened up to a very big challenge. I became chair of the Educational Committee. When youth is involved I get really excited, I strongly believe that youth is our future, like we always preach but sometimes don't practice. When you help somebody with a scholarship, by supporting



dance groups, Polish schools, or just by giving a small donation for a performance, you are supporting Polish heritage. Polish history is so unique and great.

Would you say it was the most satisfying part of your job?

Just a few weeks ago I went to a Presentation Ball and young people started singing "Hej Sokół", a Polish song they learned years ago at the youth camp. It was so impressive that they still remembered. When I visited different Districts young people approach me: Mrs. Abick do you remember when we learned how to do pisanki (Easter eggs), Polish palms? During a recital in Connecticut so many young people in their twenties and thirties (I do consider people in their thirties youth!) come to me and start reminiscing on good times they had at the course.

What is your best PNA memory?

I thank God and President Moskal for appointing me to the Pope John Paul II Cultural Center. We were able to raise over 1 million dollars through a telethon. I had a private audience with Pope John Paul II twelve times. At one time I asked him for a blessing for the Polish Americans in the United States and he made a cross on my forehead. I thought I was on cloud nine. I felt blessed, I pray to him all the time. This happened because of the PNA, and my appointment to the Polish Apostle Committee, otherwise I would never have had that opportunity.

What is your worst PNA Memory?

Perhaps retiring (laughingly)? I really don't have any bad memories. Nothing world shaking, there are always some issues, but you can overcome them. We all are human beings, we all make mistakes, but in the long run; we shake hands and continue to work together.

We can observe that fraternal organizations are going through some crisis. Do you think there is still a future for them?

Yes, we need to reeducate our Sales Representatives and perhaps get some younger people and train them properly. It could be a costly event, but I think it will be well worth it. We enroll a lot of juvenile members but not their parents. If we could sign them both, we would be able to enhance our fraternal programs and we could continue to do better. I do see the future in fraternalism; it's going to take some time and effort not only from the National Officers but also locally. Together we can turn this world around! I'm very hopeful.

The PNA is an Organization with a 135 year old history, does it appeal to the recent immigrants from Poland? Can we connect



with so called "New Polonia"?

If I recall correctly, they have no fraternal organizations in Poland or tradition of getting life insurance for that matter. What I would do, is talk to the people, get them familiar with our programs, scholarship opportunities, etc. Invite them, so we could continue together on promoting our Polish culture and tradition and have financial security at the same time.

Where would you like to see the PNA in 10 years?

I wish that we could be number one in everything: our youth, sports and scholarship programs, above all membership. I wish we had really high scholarships, not just \$1000, but \$5000, since education is so expensive these days. It would take a lot of effort recruiting a lot of new members. We exist on membership; it is a nucleus of our organization.

What is the most important thing in your life?

My family, children, grandchildren and great grandchildren are most important in my life. I missed a lot because of being here, in Chicago, but they are wonderful kids and whether I missed their birthday or holiday I'm still their grandma. I'm moving back to Michigan, so we are going to see each other more often. We still keep up the Polish traditions, Christmas Eve (Wigilia) and Easter. I'm first generation; my parents were born in Poland.

What are you going to miss the most?

The friends I made, the people I work with at the PNA, friendship with other fraternalists I made during these twenty plus years in Chicago. People in general, I love people. I made some lifelong friendships, I have to thank Mary Srodon, she was much more than my secretary, she was my right arm. She always made sure that I looked good. It's nice to reminisce about what you went through. I was born during the depression years. We went through some hard times, I was the

We are proud of

We are proud of

youngest of four and we didn't have the best things, but we never went to bed hungry. That was a good lesson that I learned, that you have to help one another. That's what we did in those days. I have the same feeling towards my PNA family.

Any regrets?

I don't have any regrets; I think I did everything that God intended me to do. I could never trade anything along the way, the people I met. I believe if there would be more music, singing and dancing in the entire world, there would not be any wars.

You are moving back to Michigan, would you like to stay involved on the local level?

I'm not the type to stay at home and do nothing. Once I'm established I will continue my fraternal involvement. I'll be a little thorn in their side (laughingly). We have a good, very energetic President, we've always had a good President. People have already reached out to me and offered their help. I will also have to make new friends, younger friends, since some of my



generation is already in heaven. I have two great nieces I will bug. When I finally relocate permanently to Michigan I would like to just look around and rest for a little while. Then I will get my energy back.... for the Convention.

Will you be campaigning for some candidates?

Once I see who they are; I might, if they ask me to. I had a chance to grow closely with the officers; I think they would appreciate my support.

We are going to miss you here, in Chicago.

Thank you, I'm going to miss everybody too.

Thank you for your time and continued best wishes.

Alicja Kuklińska

Agnieszka Przeslicke, Lodge 669, Council 120, winner of the Patricia Behring Teacher of the Year Award.

The Chicago Metro History Education Center had nominated Agnieszka Przeslicke for a teaching award because of her dedication to the program. Each year, one high school teacher and one middle school teacher from every state are selected as winners of a Patricia Behring Teacher of the Year Award.

"As a social studies teacher at Theodore Roosevelt High School in Chicago, I have my students participate in a tremendously rewarding program called the Chicago Metro History Fair that enables students to become historians themselves. As part of this program, I help students find a topic in local history that they find interesting, do research in primary and secondary sources



Agnieszka Przeslicke (in the middle) and her students.

an argument about their topic based on those sources. Besides choosing a topic about which they are passionate, students also get to pick the format in which to present their findings. The formats include a museum-style exhibit, a ten-twelve page paper, a ten-minute video documentary or live performance, and a website. The process of developing a project is extremely empowering for students. It mirrors how professional historians work and builds skill-sets that are vital for success in college and in life. Students with promising projects who show interest in representing Roosevelt at competitions beyond the school move on to a regional competition. From there, they advance to the city level and the state level. If they have done particularly outstanding work, they may be chosen to represent Illinois at National History Day, which is a competition held in College Park, Maryland, in June each year. Only two projects are selected per state in each category, so it is very competitive and a huge honor to be chosen. Seven times, I have had a student project advance to the national level of competition, with several winning an Outstanding State Entry medal.

Accompanying my students to the 2014 competition was especially meaningful for me. I had already been chosen as the high school winner for Illinois and was thrilled. I knew that being a state winner made me eligible for the national level of the award, in which one state-level winner

is chosen for national recognition and generously awarded a \$10,000 prize by Mrs. Behring, but I never expected to win such a prestigious distinction. Imagine my surprise when at the awards ceremony that wrapped up the National History Day competition, my name was called and a whole stadium full of people applauded while I ran down to thank Mrs. Behring and receive a plaque. My husband, also a social studies teacher at Roosevelt, and my little daughter were also there to cheer me on, which made the moment extra special.

Words cannot adequately express what this award means to me. I came to this country from communist Poland as a young child with my mother, and she always stressed the value of education as a vehicle for advancement in life and for personal fulfillment. I try to pass on this lesson to my students, which is particularly important given the challenges that they face."

Agnieszka Przeslicke

Submitted by: Wanda Juda, Commissioner, District 13

Sarah Schuster of PNA Lodge 3043, Minto, ND recently received her "white coat" at a ceremony at the University of South Dakota at Vermillion, South Dakota. Sarah is pursuing a graduate degree in the Physician's Assistant program. She was accepted to the program in fall, 2014 and seeks to secure a position in this health occupation in rural eastern North Dakota upon graduation in 2016.



Sarah is also the recipient of several national PNA scholarships throughout college. She is the daughter of PNA Director, Sandra Schuster, Region J, and Roger Schuster – Vice President of Lodge 3043.

Submitted by: Sandra Shuster, Director, Region J.



Caroline Mazurek, treasurer of the PNA Lodge 3284, Council 13, an alumnae of Kolbe School of Polish Language, and a very active member of the Polish community in Chicago.

It is with great pride and joy that I announce the scholastic achievement of Caroline Mazurek as she has been named to the College of Arts and Science's Dean's List at the Loyola University in Chicago.

Halina Żurawski, President of Lodge 3284



College of Arts and Sciences
Office of the Dean
Lake Shore Campus
1032 W. Sheridan Rd. • Chicago, IL 60660
P • 773.508.3500 F • 773.508.3514

January 23, 2015

Caroline Mazurek

Dear Caroline:

It is with great pleasure that I write to congratulate you on your scholastic performance during the first semester of the 2014-15 academic year. Your achievements have merited your being named to the College of Arts and Sciences' Dean's List.

In the tradition of Jesuit higher education, the College of Arts and Sciences of Loyola University of Chicago is dedicated to excellence in undergraduate education. An achievement like yours is a concrete demonstration of that excellence, as well as a most satisfying reward for the efforts that you and your family have undoubtedly put into your education.

You may want to share this achievement with your local or community newspaper. The best way to do this is to call the news desk of your local paper and offer to fax or mail a copy of the notification letter. You should also be prepared to provide the local or community press with a photograph. If your paper needs further verification, instruct them to call the Dean's Office, College of Arts and Sciences, at (773)508-3500.

Sincerely,

Thomas Regan, S.J.
Dean

TR/jk

We are proud of

In Memoriam

JOSEPH A. SAMRETA (1940 - 2015)



Joseph A. Samreta, age 74, of Hobart, Indiana passed away on Friday, January 9, 2015.

He was a National Director of the PNA since 2011 and recently served on the Business Board. He was also the President of the Silver Bell Club and PNA Lodge 2365 since 1994.

Mr. Samreta was former Commissioner of the PNA District 15 and former Vice President of Indiana Division of the Polish American Congress.

In addition to his other endeavors, Joe recently served as a coordinator for a trip to Washington D.C. for local Veterans.

Mr. Samreta was a retired probation and parole officer for the United States Federal Courts.

He will be remembered as a loving father, brother, grandfather and friend.

JOSEPH L. CICHERSKI (1937 - 2014)



Joseph L. Cicherski passed away December 8, 2014, reaching the age of 77.

Mr. Cicherski served a total of 30 years in the United States Air Force in all 3 branches of the USAF-Active Duty, Air Force Reserve and Air National Guard. He received 12 medals and ribbons throughout his USAF career.

Joe believed in community service and was very active in many organizations.

He was very proud of his Polish heritage and was a long time member of the Polish American Center where he served as treasurer and President.

He was a member of the Polish National Alliance Lodge 2540 and served as its President in 1999 and 2014, Financial Secretary from 2000 to 2001, and Recording Secretary from 2005 to 2011. Also, he was President of Council 204 from 1999 to 2003 and 2014, and Financial Secretary from 2005 to 2013.

Mr. Cicherski was PNA National Director (2007 - 2011).

FRANCES M. PALASZYNSKI (1946 - 2014)



Frances M. Palaszynski passed away on Sunday, November 9, 2014, reaching the age of 68.

She was a member of Lodge 2959 located in Lackawanna, NY, served as a Secretary of Lodge 2959 from 2003 to 2014. She was also Lodge's President from 1991 to

2002 and Treasurer from 2006 to 2014. In addition, she was a Secretary of Council 121 from 1999 to 2014 and Treasurer from 2009 to 2014.

She was PNA Commissioner of District IV (2007 - 2011).

*"Miss Me but let me go,
For this is a journey we all
Must take and each must go alone.
It's part of the Masters' Plan,
A step on the road to Home"*

*"Death is not the end.
Death can never be the end.
Death is the road.
Life is the traveler.
The soul is the guide."*

PNA Camp available for rent in 2015!

Youth Camp Association
District 12 & 13 in
Plano/Yorkville, IL
is currently accepting reservations
for **April** through **October**
events for 2015.

We offer rental facilities for events
such as family picnics, wedding,
music festivals and sporting events,
accommodating up to
4,000 + people.

We are also renting halls for family
gatherings up to **200** people.

For detailed information and
reservations contact
Edward Mika – **630.201.0582**,
e-mail: **eddiemika@hotmail.com**



DAYLIGHT SAVINGS TIME

The practice was first introduced in Europe during the First World War. The idea was to take advantage of the longest summer days by gaining an extra hour of daylight and shortening the days in winter. It was not a new concept; back in 1784 American inventor and politician Benjamin Franklin suggested that starting the day earlier in summer will save a considerable number of candles. Those in favor of practice same today's energy consuming society the environmental benefits links to changing a clock on considerable or of a small amount of electricity as save per household added up they can be significant.

Many countries change their clock twice a year to observe day light saving time. The date of Daylight Savings Time Starts and Ends may vary with year to year and also depends on location.

Daylight Savings Time 2015 USA

In United States DST starts on the second Sunday of March at 02:00 AM And it ends on the first Sunday of November at 03:00 AM by setting clocks back to 02:00 AM.

DST 2015 will begin on 8th March 2015 and will end on 1st November.

Daylight Savings Time 2015 Europe

In Europe DST starts on March's last Sunday (29th March 2015) at 02:00 AM and, clocks sets one hour backward at 03:00 AM on October's last Sunday (25th October 2015).



Christmas Concert at the PNA

PNA Home Office opened its door to a large group of young musicians of Polish descent and their teachers, Żanetta Mrugalska and Anna Korabiusz. Children had an opportunity to exhibit their talents, their families to admire them. It was a great initiative of Tom Pilewski (PNA Lodge 257). The PNA continuously aims to reach young creatives from Polonia's community, promote their talents and invite them to join the organization.



Winners Of The 2014 – All Fraternal Junior Bowling Tournament

Chicago, Illinois – Recently the Vice Presidents of the Four Polish Fraternals (Polish National Alliance, Polish Roman Catholic Union, Polish Women's Alliance and Polish Falcons of America) received the results of the 2014 Polonia Junior Bowling Tournament from Vice President of the PFA, Trish Del Busse.

The finals standing in the Junior Bowling Tournament were: Polish National Alliance in 1st Place with 15 winners, Polish Falcons of America in 2nd Place 11 winners, Polish Women's Alliance in 3rd Place with 5 winners, and Polish Roman Catholic Union in 4th Place with no winners.

PNA Vice President Paul C. Odrobina was pleased with the amount of entries that were submitted this year and hopes that in 2015 the Commissioners and Directors will continue to keeping the youth involved and continue to hosts the Youth Bowling Tournaments. He added that he was pleased to see

that the PNA had the most individual winners that won trophies. The trophies were sent to the winners with congratulatory letters and each participant was also sent a certificate of participation. **Congratulations to all the winners.**



WINNERS OF THE 2014

Pee-Wee Males

1st Place	Niko Huipio	PNA Lodge 1824	170 series
2nd Place	Matthew Wasilewski	PNA Lodge 1824	164 series
3rd Place	Christian Kohosinski	PNA Lodge 1824	161 series

Pee-Wee Females

1st Place	Kaitlyn Sawicki	PNA Lodge 1134	180 series
2nd Place	Mary C. Michalak	PWA Group 439	163 series
3rd Place	Olivia Stolarz	PNA Lodge 1134	162 series

Bantams Males

1st Place	Jonah Kulaga	PFA Nest 907	204 series
2nd Place-TIE	Kalvin Cole	PNA Lodge 1577	195 series
2nd Place-TIE	Jame Steward	PNA Lodge 1134	195 series

Bantams Females

1st Place	Molly Yeske	PFA Nest 86	203 series
2nd Place	Bethany Doscher	PFA Nest 519	201 series
3rd Place-TIE	Sofia Michalak	PWA Group 439	194 series
3rd Place-TIE	Jadyn Chyba	PWA Group 786	194 series

Preps Male

1st Place	Timmy Nowak	PNA Lodge 2394	360 series
2nd Place	Max Kulaga	PFA Nest 907	309 series
3rd Place	Holden Laudeman	PFA Nest 4	288 series

Preps Female

1st Place	Sarah Nauer	PNA Lodge Q-016	335 series
2nd Place	Isabella Yeske	PFA Nest 86	285 series
3rd Place	Emilia Wypasek	PFA Nest 36	278 series

Juniors Male

1st Place	Joseph Nauer	PNA Lodge Q-016	279 series
2nd Place	Kevin Hejka	PWA Group 786	255 series
3rd Place	Edward Sobczynski	PNA Lodge Q-016	250 series

Juniors Female

1st Place	Lauren Andrychowski	PFA Nest 123	476 series
2nd Place	Alyssa Nowak	PNA Lodge 2394	451 series
3rd Place	Erica Gemi	PWA Group 769	362 series

Majors Male

1st Place	Garrett Holubeck	PNA Lodge 455	515 series
2nd Place	Adam Chlipala	PNA Lodge 2727	472 series
3rd Place	Joseph Kokoszka	PNA Lodge 2927	455 series

Majors Female

1st Place	Jessica Wood	PFA Nest 725	349 series
2nd Place	Melissa Paterni	PFA Nest 8	309 series
3rd Place	Magda Sowa	PFA Nest 36	267 series



The PNA National Golf Tournament 2015 will be held on:

**Friday and Saturday,
August 7 and 8, 2015 at the
Kittyhawk Golf Course,
Dayton, Ohio.**

Tournament will be hosted by
Lodge 1935 in Dayton, OH.
Detail information and applications
will be available in April, 2015.

The PNA National Golf Tournament 2015

Sukcesy Młodych Szermierzy Trenujących w Salach ZNP

Kolejnym sukcesem zakończył się start szermierzy Midwest Fencing Club w Windy City Super Youth Circuit. W swoich kategoriach wiekowych Filip Dolegiewicz i Cele Kwan zajęli pierwsze miejsce, Patrycja Fonfara drugie. Z medalem powrócił także Mateusz Jaworowski.

Klub założony przez Hristo Etropolskiego, byłego światowej sławy szermierza z Bułgarii, po jego wyjeździe do Kanady przejął Mariusz Dolegiewicz. Dzięki pomocy Związku Narodowego Polskiego, w salach którego odbywają się zajęcia, uczy się szermierki kilkudziesięciopięcioletnia grupa dzieci i młodzieży.

- *Popularność szermierki* – mówi Mariusz Dolegiewicz – *wciąż wzrasta. Głównie dlatego, że jest ona najbezpieczniejszą ze wszystkich sportów walki i świetną zabawą dla dzieci, kobiet, mężczyzn i całych rodzin. Wpływa na ogólną sprawność i wytrzymałość, kształtuje szybkość ruchów. Uczy myślenia perspektywicznego, strategii, przewidywania intencji przeciwnika.*

Olbrzymią wartością Midwest Fencing Club jest nie tylko miejsce w którym odbywają się zajęcia, umożliwiające szkolenie na kilku

planszach ale również kadra szkoleniowa i osiągnięcia, te sprzed lat i te obecne. Obecnie trenerem jest Ian Farr, członek drużyny szablistów Penn State University, z którą zdobył mistrzostwo NSAA i który wielokrotnie reprezentował USA w Pucharze Świata a ostatnio był asystentem trenera University of Notre Dame.

Wychowankiem klubu jest Eliza Stone, członek drużyny USA, która w ubiegłym roku zdobyła złoty medal mistrzostw świata. Wielu wychowanków jest absolwentami znanych amerykańskich uniwersytetów jak Princeton, Duke, Penn State. Pod okiem Iana Farra trenują i odnoszą sukcesy Filip Dolegiewicz, który jest najlepszym amerykańskim szablistą wśród czternastolatków. Wielką nadzieją jest też Patrycja Fonfara, bratanica Andrzeja Fonfary, aktualnie na ósmym miejscu w USA w kategorii dziesięciolatków.

*Dariusz Cisowski
Zdjęcia: Artur Partyka*



Artykuł w całości można przeczytać na stronie internetowej Dziennika Związkowego:
<http://dziennikzwiazkowy.com/polonia/coraz-bardziej-popularna-szermierka/>

Tony Zale – Człowiek z Żelaza

W siedzibie Związku Narodowego Polskiego zainaugurowano oficjalną promocję książki Thada Zale i Claya Moyle „Tony Zale. The Man of Steel”. Gospodarzem spotkania był prezes ZNP Franciszek Spula, a udział w nim wzięli m. in. członek Rady Miasta Chicago Ed Kelly oraz dziennikarze telewizyjnej stacji CBS Mike Parker i John Drummond.

Książka poświęcona jest Antoniemu Florianowi Załęskiemu,



znanemu później jako Tony Zale, najstojniejszemu amerykańskiemu pięściarzowi polskiego pochodzenia, dwukrotnemu mistrzowi świata w wadze średniej, który w swojej zawodowej karierze wygrał 67 walk, w tym 45 przez nokaut.

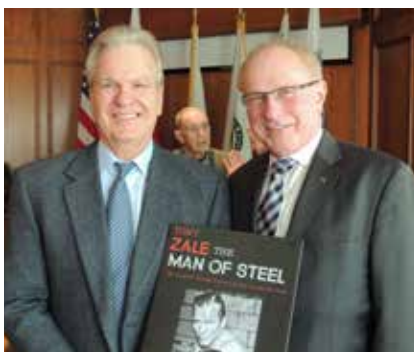
Autorzy książki, jego siostrzeniec Thad Zale i historyk boksu Clay Moyle, na ponad 490 stronach z setkami zdjęć z rodzinnej kolekcji, do tej pory nigdzie nie publikowanych, opisują historię człowieka niezwykłego, pokazując czytelnikowi jego najstojniejsze

bitwy, które stoczył nie tylko na ringu.

Tony Zale przez lata związany był z Kongresem Polonii Amerykańskiej oraz Związkiem Narodowym Polskim, stąd miejsce promocji. Również to, że wpływy ze sprzedaży książki zasilą fundusz stypendialny Związku Narodowego Polskiego, świadczy o tym, jak bliski był to kontakt z organizacją i jak bardzo zależy rodzinie na tym, by ją w dalszym ciągu wspierać.

Trylogia z Rocky Graziano

Po sześciu pojedynkach wygranych przez nokaut na jego drodze stanął Rocky Graziano. Walki Zale z synem włoskich emigrantów były najlepszą, najbardziej dramatyczną, brutalną i krwawą trylogią w historii zawodowego boks.



Do pierwszej konfrontacji doszło w nowojorskim Yankee Stadium, w obecności 40 tys. widzów. Zale, mimo że złamał

prawy kciuk, a jego twarz była niemiłosiernie poobijana, wygrał w szóstej rundzie. Obaj dostali rekordową, jak na tamte czasy premię w wysokości 79 tys. dolarów, a historycy boks ocenili walkę jako jedną z najbardziej dramatycznych w powojennych latach.

Rok później Graziano zrewanżował się w Chicago. Zale przegrał w szóstej rundzie po równie zaciętym i brutalnym boju. Sędzia tego pojedynku tłumaczył po jego zakończeniu, że przerwał walkę, bo nie chciał dopuścić do morderstwa. Zale, mimo porażki, otrzymał ponad 140 tys. dolarów, co było najwyższym honorarium w jego zawodowej karierze.

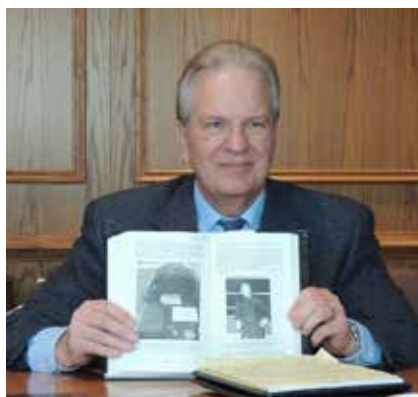
Trzecia i ostatnia walka z Graziano miała miejsce na Ruppert Stadium w Newark. Tutaj nie było już żadnych wątpliwości. Graziano dwukrotnie leżał na macie, a w trzeciej rundzie kombinacja lewego sierpowego na wątrobę i prawego sierpowego w szczękę dopełniła dzieła. Graziano padł nieprzytomny i ze wstrząśnieniem mózgu został odwieziony do szpitala.

Trzy miesiące później Zale w wieku 35 lat przegrał w jedenastej rundzie z Marcelem Cerdanem, stracił mistrzostwo świata i zakończył pięściarską karierę.

Rozżarzony pogrzebacz

Jego największym atutem były ciosy w korpus. Historyk boks Bert Sugar i komentator telewizyjny Teddy Atlas umieścili Zale na pierwszym miejscu listy najlepiej bijących w korpus bokserów wszech czasów. Do historii przeszła wypowiedź jednego z jego przeciwników, „że kiedy uderzył w brzuch, to jakby przeszył go i utkwiał w nim rozżarzony pogrzebacz”.





Za pierwszą wygraną walkę z Graziano został pięściarzem roku. Ta sama walka i druga z Graziano oraz ta przegrana z Cerdanem uznane zostały za pojedynki roku. W 1985 roku Chicago Tribune umieściła go na drugim miejscu wśród dziesięciu najlepszych bokserów związanych z Chicago. W 1958 roku trafił do Galerii Sław Boks, a w 1991 roku do takiej samej galerii, ale już międzynarodowej.

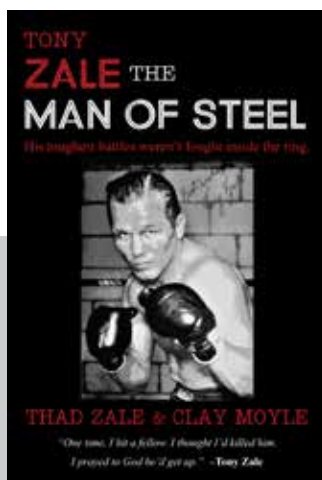
Po zakończeniu kariery nie zerwał z boksem. Uczył go w Organizacji Młodzieży Katolickiej, prowadził też zajęcia z młodzieżą w Chicago Park District. Był aktywny w organizacjach polonijnych. Kilka razy zapraszano go do Polski. Nie zdecydował się jednak nigdy na wyjazd. Nie miał zaufania do ówczesnych władz. Bał się, że wyjazd do kraju jego rodziców może być już bez powrotu.

Z biegiem lat stan jego zdrowia pogarszał się. Coraz bardziej dokuczały mu choroby: Parkinson i Alzheimer, później nowotwór węzłów chłonnych. Ostatnie sześć lat swojego życia spędził na wózku inwalidzkim w domu opieki społecznej w Portage. Nigdy się nie skarżył, zawsze był uśmiechnięty i przez wszystkich kochany. Jako głęboki katolik pocieszał się powtarzając „to jest to, co Bóg chce ode mnie”.

Rodzina odwiedzała go co tydzień, nie czuł się więc osamotniony ani zapomniany. Kiedy

umierał były przy jego łóżku siostrzenice Jeanette Stachura i Lillian Lopez. Spojrzał na nie, uśmiechnął się i odszedł. Tak jak nie obawiał się żadnego przeciwnika, tak w chwili ostatecznej nie czuł lęku przed przejściem na drugą stronę.

Dariusz Ciszowski
Zdjęcia: Alicja Kuklińska



“Keep the kids off the street and in the ring”

The Man of Steel

Authors Ted Zale and Clay Moyle have completed their collaboration on the story of the one and only Tony Zale (aka Antoni Florian Zaleski), from Gary, Indiana and visited the Polish National Alliance.

This long awaited biography is about a young Polish steelworker who overcame his shyness to become a world boxing champion. The story goes behind the scenes for a closer look at how difficult his life was outside the square circle. „Keep the kids off the street and in the ring” was Tony’s message to all that would listen. Proceeds from the sale of the book will be donated to the PNA educational fund.

More information about the book can be found here:

www.tonyzale.org

PNA GIFT CARD PROGRAM



New fundraising agenda for our organization!

The purchase of the gift cards will benefit the Youth fund at the PNA.

The gift cards from a large variety of stores, restaurants, and businesses in your area are being available from the Polish National Alliance Home Office.

These cards could be used for your Lodge or Council as awards for the members, dance groups, Saturday Polish Schools, sports, contests, or for your own personal use.

For more information on how to obtain gift cards please visit our website:

www.pna-znp.org

or call the Sport and Youth Department of the Polish National Alliance:

1-800-621-3723 ext. 316

We hope you will take advantage of this great opportunity.

Please, note:

Gift card orders are filled every 15th and 30th of each month.

Please allow up to one week for the mailing.

OFFICIAL ANNOUNCEMENT FROM THE OFFICE OF THE NATIONAL SECRETARY CHARLES A. KOMOSA

Notice is hereby given that the elective office of Business Director of the Polish National Alliance of the U.S. of N.A. has become vacant due to the sudden and unfortunate passing of Mr. Joseph Samreta on January 9, 2015. By this announcement the vacancy is officially declared. Pursuant to the provisions as stated in sections 78, 85, and 98(16) of the By-Laws of the Alliance, the filling of the vacancy in the elective office of Business Director is by election by majority vote of the members of the Business Board of the Alliance who are present and voting. The vacancy in the office of Business Director shall be filled by the means of an election by the Business Board of Directors. Such vacancy shall be filled **NOT LATER THAN NINETY (90) DAYS FROM THE DATE** of the vacancy.

A candidate for the elective office of Business Director in order to qualify must satisfy the all requirements as set forth in Section 78:

Section 78 – Qualifications of and other Provisions Relating to Candidates for either Elective or Appointive Officers of the Alliance

A. Elective Officers

A candidate for an elective office specified in Section 76 hereinabove, must possess the following qualifications:

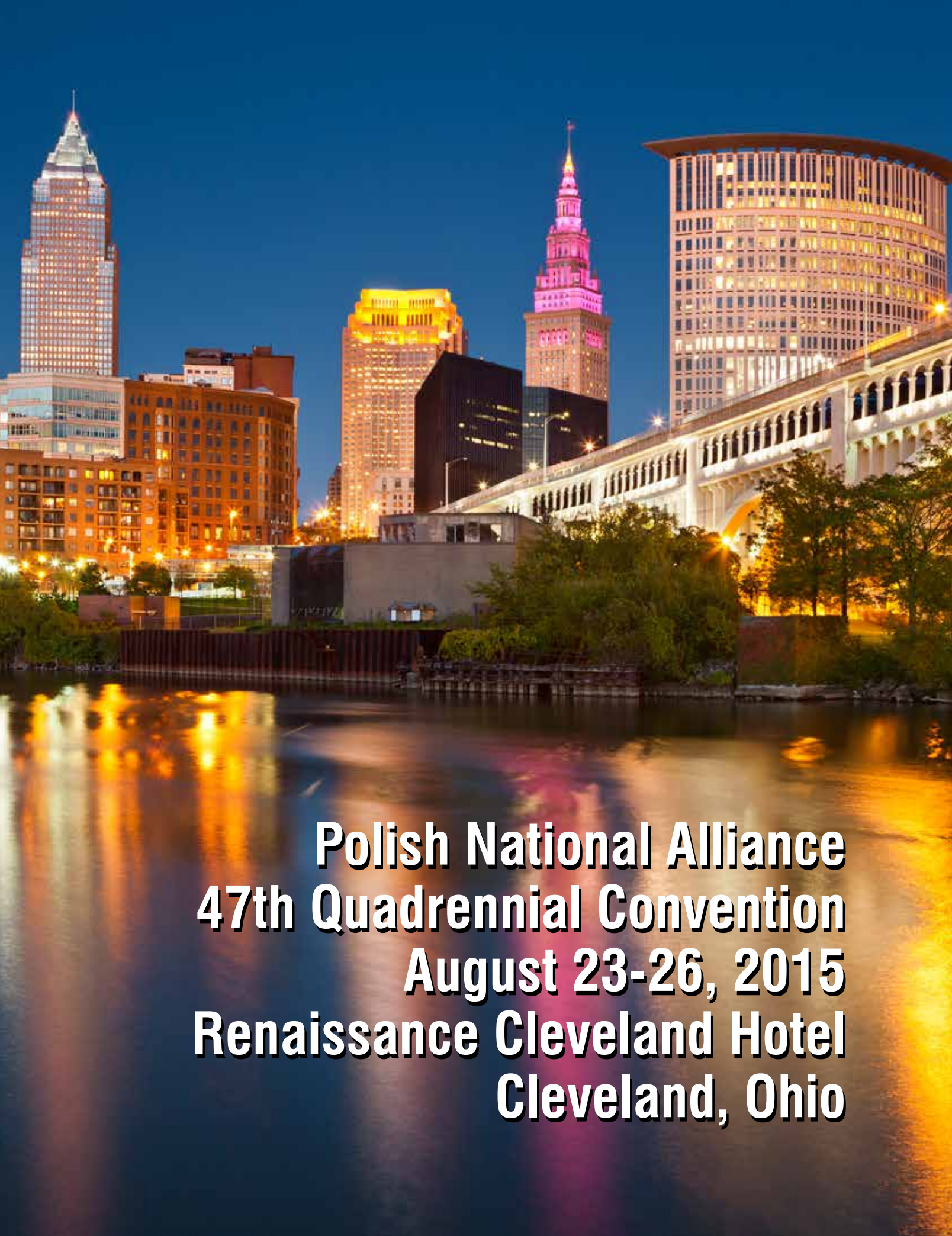
1. At the time of application the candidate must be a Beneficial Premium Paying Member of the Alliance in good standing, uninterruptedly, for at least five (5) years, immediately preceding election to office... In addition, a candidate for a Director of the Alliance shall be a member of a lodge for at least one (1) year in the region to which election is sought.
2. Be a citizen of the United States.
3. Unless an incumbent Officer, the candidate must have, since the last Convention, served for at least three (3) years as a Lodge Officer or as a council delegate.

4. Such candidate must have knowledge of the membership products of the Alliance.
5. A candidate for the position of President, Vice President, Secretary, Treasurer or Business Board of Director must be either the incumbent for the position or demonstrate knowledge of insurance by passing the FMLI certification issued by LOMA, a certified public accountant, a chartered financial planner, hold a master's in business administration or public administration or be a chartered underwriter. Additionally, an individual can be eligible if such individual has passed at least the first two (2) LOMA exams concerning insurance products and insurance operations and agrees to pass at least one additional exam each quarter after his or her election. In the event such a candidate is elected and fails to pass the additional exams as specified herein, the Business Board of Directors shall declare a vacancy in the position to which such candidate was elected at its meeting immediately following such failure.
6. Notwithstanding anything to the contrary, Candidates shall not be eligible if they have been convicted of a felony, been discharged in bankruptcy or if any federal or state statute, regulation or rule prevents such individual from holding such office.

Any qualified member of the Alliance may submit an application in the form prescribed by the Business Board of Directors within thirty (30) days after the announcement of the vacancy in the official publication of the Alliance – **“ZGODA”**. The announcement of the vacancy is published in the Quarterly issue of the **ZGODA**. Applications post marked later than **March 20, 2015** will NOT be considered.

A request for an application must be made in writing or electronically to: **charles.komosa@pna-znp.org**
National Secretary Charles A. Komosa
6100 North Cicero Avenue
Chicago, Illinois 60646

charles.komosa@pna-znp.org



**Polish National Alliance
47th Quadrennial Convention
August 23-26, 2015
Renaissance Cleveland Hotel
Cleveland, Ohio**



*Wishing You
Easter Filled with
Love, Peace and
Joys of Spring*

Wesołego Alleluja!

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Vice President - **Paul C. Odrobina**
Vice President - **David G. Milcinovic**
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Interesting facts about – **Valentine's Day**

There are various theories on the origin of Valentine's Day, but the most popular dates back to the time of the Roman Empire during the reign of Claudius II, 270 A.D. Claudius didn't want men to marry during wartime because he believed single men made better soldiers. Bishop Valentine went against his wishes and performed secret wedding ceremonies. For this, Valentine was jailed and then executed by order of the Emperor on Feb. 14. While in jail, he wrote a love note to the jailor's daughter, signing it, "From your Valentine."

History

- The ancient Romans celebrated the Feast of Lupercalia on February 14 in honor of Juno, the queen of the Roman gods and goddesses. Juno was also the goddess of women and marriage.
- The X symbol became synonymous with the kiss in medieval times. People who couldn't write their names signed in front of a witness with an X. The X was then kissed to show their sincerity.
- In the Middle Ages, young men and women drew names from a bowl to see who would be their Valentine. They would wear this name pinned onto their sleeves for one week for everyone to see. This was the origin of the expression "to wear your heart on your sleeve."
- In 1537, England's King Henry VII officially declared Feb. 14 the holiday of St. Valentine's Day.

Chocolate

- Casanova, well known as "The World's Greatest Lover," ate chocolate to make him virile.
- Physicians of the 1800s commonly advised their patients to eat chocolate to calm their pining for lost love. To this day, many women find comfort in a box of chocolates when dealing with heartbreak.
- Richard Cadbury produced the first box of chocolates for Valentine's Day in the late 1800s.

- More than 35 million heart-shaped boxes of chocolate is sold and over \$1 billion worth of chocolate is purchased for Valentine's Day in the U.S.



Roses

- The red rose was the favorite flower of Venus, the Roman goddess of love, they are considered the flower of love because the color red stands for strong romantic feelings
- 189 million stems of roses are sold in the U.S. on Valentine's Day, 60 percent of them are produced in California rest of them are imported mostly from South America.
- 73 percent of people who buy flowers for Valentine's Day are men, while only 27 percent are women. 15 percent of U.S. women send themselves flowers on Valentine's Day

Greeting Cards

- Approximately 145 million valentines are sent in the U.S. each year according to estimates by the U.S. Greeting Card Association. That's second only to Christmas with 1.6 billion units, and is followed by Mother's Day with 133 million units.
- Women purchase approximately 85 percent of all valentines

A few more facts...

- In addition to the U.S., Valentine's Day is celebrated in Canada, Mexico, United Kingdom, France, Australia, Denmark, Italy and also in Poland.
- 220,000 is the average number of wedding proposals on Valentine's Day each year.
- The most fantastic gift of love is the Taj Mahal in India. It was built by Mughal Emperor Shahjahan as a memorial to his wife.

"Samaritans from Markowa" *exhibit at the State of Illinois Building*

Thanks to the efforts of President Frank J. Spula, and help of members of the PNA Lodge 2514, the presentation about Samaritans from Markowa, by Mateusz Szpytma from the Polish Institute of National Remembrance, was exhibited at the State of Illinois Center known as James R. Thompson Building, located downtown Chicago.

In the spring the exhibit will find its home at the Holocaust Museum in Skokie, Illinois.

To read more about the presentation visit the Institute of National Remembrance's website: <http://ipn.gov.pl/en/news/2011/exhibition-samaritans-of-markowa-the-ulm-family-roles-mu>



Polish Christmas in Northampton, MA



A choir leads a Polish Christmas carol sing-along Sunday at St. Valentine Polish National Catholic Church in Northampton. The church's pastor, Rev. Adam Czarnecki, top left, sings with them. The event was sponsored by the Polish Heritage Committee.

*Submitted by: Edward & Adele Antosz,
PNA Lodge 1168, Northampton, MA*

St. Joseph's Day – March 19

In Poland, it is customary to celebrate "Imieniny" or Namesday, the feast day of one's patron saint. To allow the many Josephs to celebrate their namesday, the Church would grant a dispensation from the rigors of Lent on March 19.

St. Joseph, patron of the universal Church, patron of families, patron of workers, patron of social justice, patron of the dying, patron of pastry makers, and patron of fathers, is a very important and beloved saint.



ACCURATE PERSPECTIVE OF POLAND'S HISTORY

On Friday, February 6th, 2015 President of the Polish American Congress as well as the Polish National Alliance Frank J. Spula met with the President of the Foundation for Civic Space and Public Policy, Justice Jerzy Stępień (former President of Constitutional Tribunal of the Republic of Poland).

Justice Stępień introduced a project of series of an educational conferences initiated by Professor Andrzej S. Kamiński of Georgetown University and founder of the Foundation for Civic Space and Public Policy.

The purpose of the conferences is to incorporate



(l-r) Justice Jerzy Stępień, President Frank J. Spula, Maciej Cybulski and Mario Puharich, President of Integra Communications.

significant changes to the English-language textbooks on history of European culture and the world, as they frequently omit or distort the image of Polish history, culture and country's modernity. Another important objective of such conferences is familiarizing the participants with a rich Polish cultural heritage, as well as objects and monuments that are significant from the European and global perspective of history.

Send all articles, pictures and correspondence to:

zgoda@pna-znp.org

or mail to: Alicja Kuklinska

Zgoda Magazine

6100 N. Cicero Avenue

Chicago, IL 60646



From left to right: Art Wosick, Treasurer of Lodge 3043, John Gudajtes, Museum Board member accepting the donation and member of Lodge 3043, and James Gudajtes, President of Lodge 3043.

PNA Lodge 3043 recently donated \$2,500 to the Walsh County Historical Museum located in Minto, ND. A project is underway to replace the basement floor/foundation of the museum which is located in the former Minto School building, built in 1895. It is a 3-story building in quite good condition.

The entire basement floor needs to be replaced to maintain the integrity and stability of the building. Over time the basement has shifted, cracked and moved and is jeopardizing the future of the building and the wealth of artifacts contained within it.

The museum Board received a grant award from the State Historical Society of North Dakota in the amount of \$20,000 AND a 50% match is required for each successful applicant. Warsaw PNA Lodge is one of several community groups who helped the museum reach the \$20,000 match in funds.



The museum is open to the public on weekends from Memorial Day through Labor Day.

Those attending the upcoming District 14 convention in Minto, ND on April 18, 2015, will have an opportunity to visit the museum, a hidden gem in this small community in northeastern North Dakota.

Submitted by: Sandra Schuster, Director, Region 7

Ojciec Piotr Kochanowicz – Człowiek Roku 2014



„Dziennik Związkowy”, po raz pierwszy w swej historii, przyznał nagrodę i tytuł Człowieka Roku 2014.

Nagroda przyznawana przez naszą redakcję trafia w tym roku do rąk ojca Piotra Kochanowicza.

Trudno znaleźć wśród Polonii człowieka tak zaangażowanego w działalność społeczną i pomocową, jak tegoroczny laureat.

Piotr Kochanowicz to założyciel i opiekun duchowy Wspólnoty Integracyjnej „Jaśmin”, ośrodka Światetko pomagającego Polonii w walce z uzależnieniami, depresją i przemocą w rodzinie, terapeuta uzależnień w Haymarket Center i Zrzeszeniu Amerykańsko-Polskim, kapelan Domu Samotnej Matki i polonijnego harcerstwa, członek rady dyrektorów fundacji charytatywnej You Can Be My Angel. Piotr zawsze jest tam, gdzie ludzie potrzebują pomocy i wsparcia. Piotr Kochanowicz, Człowiek Roku – z naciskiem na CZŁOWIEK.”

*Małgorzata Błaszczuk,
redaktor naczelna*



Uroczystość odbyła się w siedzibie Związku Narodowego Polskiego, wśród gości znaleźli się m.in. konsul RP Robert Rusiecki, byli redaktorzy naczelni „Dziennika Związkowego” Jan Krawiec i Piotr Domaradzki a przede wszystkim przyjaciele i współpracownicy ojca Kochanowicza.

Wieczór był opowieścią o pracy i zaangażowaniu ojca Piotra w pomoc innym. Serdecznie, ze wzruszeniem, pojedynczo i grupowo wypowiadali się na temat Człowieka Roku ci, którzy doświadczyli jego pomocy, opieki i życzliwości.

Prezes ZNP, Frank J. Spula w asyście kierujących Dziennikiem Związkowym Małgorzaty Błaszczuk oraz Magdaleny Pantelis wręczył Ojcu Kochanowiczowi nagrodę. Wieczór uświetniony został występem znanej wokalistki jazzowej Grażyny Auguścik (w towarzystwie dwóch znakomitych muzyków) oraz zespołu przyjaciół ojca Piotra. W repertuarze obu grup znalazły się utwory grupy Pink Floyd której Człowiek Roku 2014 jest wielkim wielbicielem.



Spring has sprung, let's celebrate!

**The Educational Department of the
Polish National Alliance
is pleased to announce the:**

*“Song and Dance
Concert 2015”*

**Sunday, March 8, 2015
1:00 P.M.**

Lane Tech High School Auditorium

**2501 W. Addison St.
Chicago, Illinois**

The Song and Dance Concert will feature talents of over 400 children and young adults of the PNA Polish dance groups in the Chicago and surrounding suburbs.

They will be performing a variety of music and folk dances, from a various regions in Poland.

Tickets could be purchased at the PNA Home Office, on-line or by calling **1-773-286-0500 ext 312**.

They will also be available through the dance groups taking part in the concert.

For more information visit the PNA website:

www.pna-znp.org

*Let's welcome spring
through
song and dance!*

*Education is the passsport to the future,
for tomorrow belongs to the people who
prepare for it today!*

**Plan for a bright future of your children.
Give them a PNA Membership and take advantage of the
Tuition Rewards & Scholarship Program**

Thousands of tuition dollars will be awarded to any PNA members who are enrolled into a \$10,000 or higher permanent plan of insurance. (Children must be between the ages of 0-17 to enroll)
Don't put off this decision any longer, act today and begin to earn rewards points.
Call the Membership Department today and ask for an application.

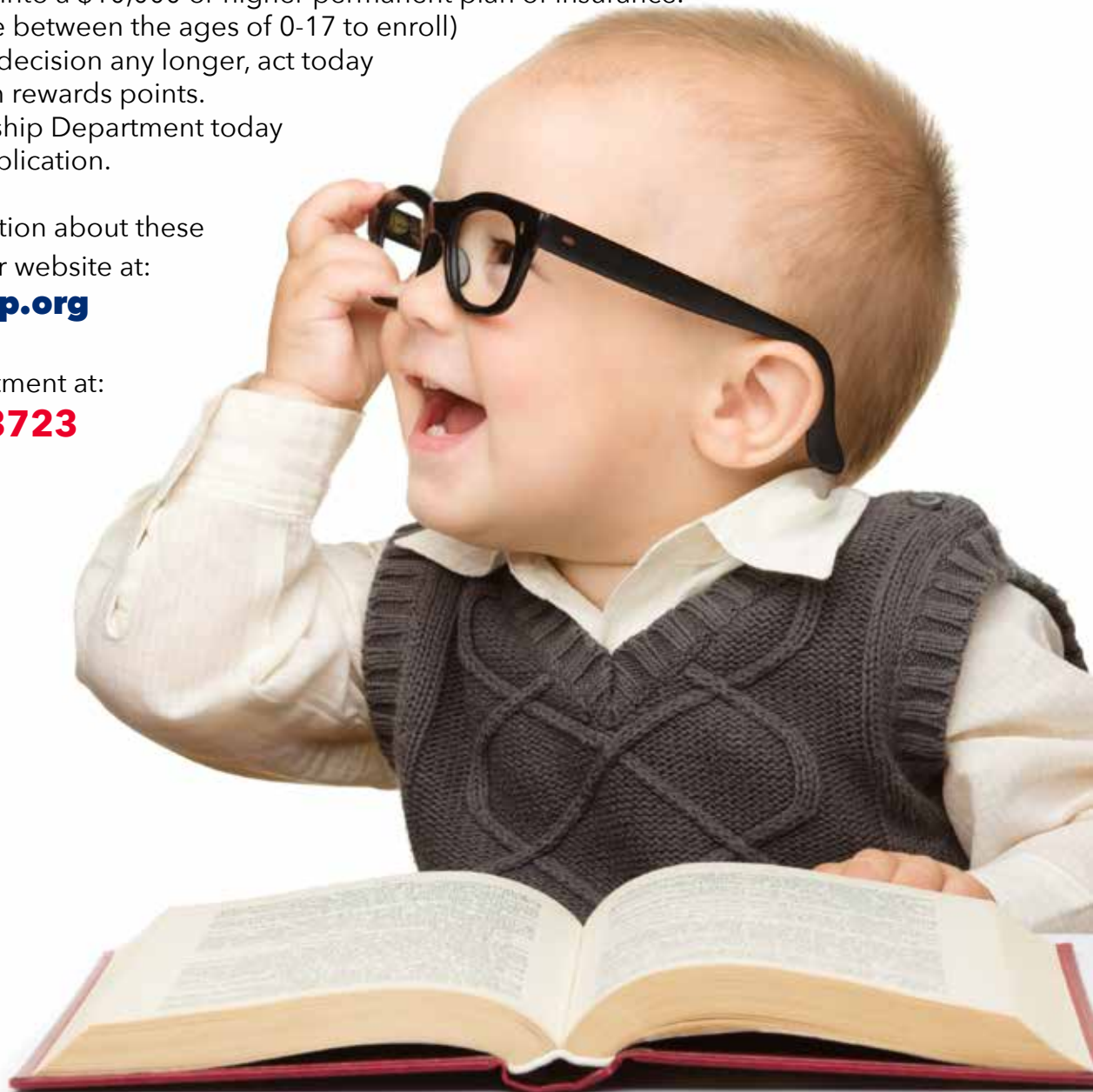
For more information about these programs visit our website at:

www.pna-znp.org

or call our

Education Department at:

**1-800-621-3723
ext.312**



22 Bal Studniówkowy Szkół Polonijnych w Chicago

Polish Schools Prom in Chicago

Kościuszkowscy kosynierzy w mundurach z czasów insurekcji, czerwone rogatywki i kosy na sztorc – ten piękny, niespotykany na co dzień widok przywitał gości przybywających na bal studniówkowy w śnieżny sobotni wieczór 31 stycznia 2015 roku do sal bankietowych Drury Lane w Oakbrook Terrace, Illinois.

Gospodarzem i organizatorem tegorocznej studniówki była Polska Szkoła im. gen. Tadeusza Kościuszki – najstarsza, ponad 60-letnia, polska szkoła w Chicago, w której trzech oddziałach uczy się prawie 1200 polonijnych dzieci. Udział w balu wzięło prawie 800 osób,

w tym 578 tegorocznych maturzystów z 35 szkół

polских rozsiansych w aglomeracji Chicago.

Bale studniówkowe którym patronuje Zrzeszenie Nauczycieli Polskich w Ameryce od lat zachwycają rozmachem, elegancją i dbałością o detale. Nie inaczej było w tym roku, gdy organizatorem była szkoła im. Tadeusza Kościuszki. Maturzystów i gości powitały w imieniu organizatorów dyrektor - Urszula Gawlik oraz prezes zarządu rodziców - Agata Kowalkowska.

W hołdzie złożonym swemu patronowi i polsko-amerykańskiemu bohaterowi, którego słowa: „To jest czas, w którym trzeba poświęcić wiele, żeby wszystko ocalić” są mottem szkoły, uczniowie pierwszych i drugich klas licealnych z dumą przywdziali ręcznie zdobione, ciężkie mundury kościuszkowskich kosynierów i trzymając wyciągnięte kosy, utworzyli



szpaler pod którym przechodziły wszystkie klasy maturalne oraz dostojni goście.

Studniówka to pierwsza okazja spotkania wszystkich klas maturalnych szkół polonijnych w jednym miejscu. Często okazuje się, że osoby znane jedynie z widzenia z przerw w amerykańskiej szkole też mają polskie korzenie u uczą się w jakiejś polskiej szkole.

Momentem kulminacyjnym części artystycznej był tradycyjny polonez, do którego poprowadzili tancerze Polonii wraz z kossynierami i klasami maturalnymi ze szkoły im. Tadeusza Kościuszki. Wyczekiwany momentem każdego balu studniówkowego w Chicago jest losowanie stypendiów ufundowanych przez Zrzeszenie Nauczycieli Polskich w Ameryce. Każdego roku ZNP funduje trzy stypendia w wysokości 1000 dolarów każde dla trojga maturzystów.

Tradycją charakterystyczną dla studniówek w Chicago jest przejście przez „100”, czyli taneczny korowód maturzystów przechodzących przez olbrzymie zera, co ma przynieść szczęście podczas pisania egzaminu maturalnego.

Maturzyści będą wspominać piękny bal, a uczniowie drugich klas, tradycyjnie i z cichą zazdrością, odliczać będą miesiące dzielące ich od własnej studniówki...

*Anna Rosa,
Zrzeszenie Nauczycieli Polskich w Ameryce*

*Zdjęcia: Artur Partyka
www.artpartphoto.com*

(Artykuł w całości ukazał się w Dzienniku Związkowym – www.dziennikzwiazkowy.com)

Organizator Studniówki 2015 - Polska Szkoła im. gen. Tadeusza Kościuszki, jest jedną ze szkół współpracujących ze Związkiem Narodowym Polskim, który reprezentowała podczas tegorocznej uroczystości wiceprezes Teresa Abick.



PACCF Trip to Poland

Polish American Congress Charitable Foundation is sponsoring a Cultural Program for American teenagers of Polish descent.

We will be sending to Poland one (1) group of twenty-five (25) participants' ages thirteen (13) to fifteen (15).

Participation is open to members of our Polish Fraternals, and the Polish American Congress on a first come first serve basis. Previous participants will not be eligible.

**The group will depart from Chicago
on July 5, 2015 (Sunday) and will return
on July 17, 2015 (Friday).**

The trip is being organized by the experience travel group "Exciting Poland". They will provide professional English speaking guides and a daily one hour Polish language class to help make the trip a truly educational and cultural experience. Participants will be chaperoned during their travel to and from Poland and for the duration of their stay in Poland.

The itinerary includes the major cities of Warsaw, Toru, Czestochowa, and Krakow. Some of the interesting experiences along the way are visits to the Warsaw Uprising Museum, Skansen – one of the oldest settlements in Poland, Auschwitz-Birkenau, Wieliczka Salt Mine, and a raft trip along the Dunajec in the Pieniny Mountains.

We are happy to be able to give our youth of Polish descent this opportunity to be introduced and exposed to Polish culture, history and witness first-hand, the current transitions and remarkable changes in Poland.

Should you have any questions please do not hesitate to contact Alina Slomiany at **773.763.9942**. The deadline to submit your application is due no later than March 15th.

Virginia Sikora | PACCF President

UNESCO World Heritage Sites in Poland

Auschwitz-Birkenau

German Nazi Concentration and Extermination Camp (1940-1945)

The fortified walls, barbed wire, platforms, barracks, gallows, gas chambers and cremation ovens show the conditions within which the Nazi genocide took place in the former concentration and extermination camp of Auschwitz-Birkenau. According to historical investigations, 1.5 million people,

among them a great number of Jews were systematically starved, tortured and murdered in this camp, the symbol of humanity's cruelty to its fellow human beings in the 20th century.

Auschwitz-Birkenau was the principal and most notorious of the six concentration and extermination camps established by Nazi Germany to implement its Final Solution policy which had as its aim the mass murder of the Jewish people in Europe. Built in Poland under Nazi German occupation initially as a concentration camp for Poles and later for Soviet prisoners of war, it soon became a prison for a number of other nationalities. Between the years 1942-1944 it became the main mass extermination camp where Jews were tortured and killed for their so-called racial origins. In addition to the mass murder of

well over a million Jewish men, women and children, and tens of thousands of Polish victims, Auschwitz also served as a camp for the racial murder of thousands of Roma and Sinti and prisoners of several European nationalities.

The camps are a vivid testimony to the murderous nature of the anti-Semitic and racist Nazi policy that brought about the annihilation of more than 1.2 million people in the crematoria, 90% of whom were Jews.

The remains of the two camps of Auschwitz I and Auschwitz II-Birkenau, as well as its Protective Zone were placed on the World Heritage List as evidence of this inhumane, cruel and methodical effort to deny human dignity to groups considered inferior, leading to their systematic murder.

The site and its landscape have high levels of authenticity and integrity since the original evidence has been carefully conserved without any unnecessary restoration. The collections at the site preserve the evidence of those who were premeditatedly murdered, as well as presenting the systematic mechanism by which this was done. The personal items in the collections are testimony to the lives of the victims before they were brought to the extermination camps, as well as to the cynical use of their possessions and remains.

Auschwitz – Birkenau, monument to the deliberate genocide of the Jews by the Nazi regime (Germany 1933-1945) and to the deaths of countless others bears irrefutable evidence to one of the greatest crimes ever perpetrated against humanity. It is also a monument to the strength of the human spirit.

The site is a key place of memo-



ry for the whole of humankind for the holocaust, racist policies and barbarism; it is a place of our collective memory of this dark chapter in the history of humanity, of transmission to younger generations and a sign of warning of the many threats and tragic consequences of extreme ideologies and denial of human dignity.

„Oświęcim jest rozrachunkiem z sumieniem ludzkości poprzez te tablice, które świadczą o ofiarach, jakie poniosły narody. Oświęcim jest miejscem, którego nie można tylko zwiedzać. Trzeba przy odwiedzinach pomyśleć z lękiem o tym, gdzie leżą granice nienawiści.”

Św. Jan Paweł II

Podczas 31 posiedzenia Komitetu Światowego Dziedzictwa UNESCO w Nowej Zelandii, w dniu 27 czerwca 2007, zapadła decyzja o zmianie brzmienia wpisu pozostałości obozu koncentracyjnego Auschwitz na liście Światowego Dziedzictwa UNESCO. Poprzednia nazwa brzmiała: „Obóz koncentracyjny Auschwitz”. Nowy tytuł brzmi: „Auschwitz-Birkenau. Niemiecki nazistowski obóz koncentracyjny i zagłady (1940-1945)”.

Obóz koncentracyjny Auschwitz (1940-1945), największy z czterech polskich (oprócz tego powstały obozy na Majdanku, w Warszawie i Płaszowie) hitlerowskich obozów koncentracyjnych założonych na okupowanych ziemiach polskich, stał się dla świata symbolem terroru i ludobójstwa.

Utworzony został przez Niemców w połowie 1940 r. na przedmieściach Oświęcimia, włączanego przez nazistów do Trzeciej Rzeszy. Bezpośrednim powodem jego utworzenia była powiększająca się liczba aresztowanych masowo Polaków i przepełnienie istniejących więzień. Od 1942 r. stał się równocześnie jednym z ośrodków „Endlösung der Judenfrage” (ostatecznego rozwiązania kwestii żydowskiej) - nazistowskiego planu wymordowania Żydów zamieszkujących okupowane przez III Rzeszę tereny.

Sources: whc.unesco.org & auschwitz.org

Polish American Congress Charitable Foundation

5711 N. Milwaukee Ave.
Chicago, IL 60646
773-763-9942

Announces

The Majer and Lakowski Families Memorial Scholarships

Scholarship Terms:

- Available for full-time undergraduate and graduate students majoring in engineering or business administration.
- Recipients must attend a public state university or college.
- Amount of the scholarship is equal to the annual state-resident (in-state) tuition.
- Scholarships are renewable annually.
- Merit and need are taken into consideration.
- Candidates not selected can reapply annually.
- Preference shall be given to applicants who will be juniors, seniors, or graduate students in the fall term.

To obtain an application, send a request by mail to PACCF (address above) or an application can be printed from PACCF website at www.paccf.org

Applications must be submitted by **March 15, 2015**

Know The Facts About Hypertension

INTRODUCTION

February is Healthy Heart Month. Hypertension is a good topic to fit in with the theme. Hypertension, also known as high blood pressure or HBP, is often times misunderstood by individuals who think that only nervous, tense or hyperactive people need to be concerned. This is not true at all. Calm, relaxed persons can have hypertension. It is important to protect your body no matter what the blood pressure numbers are. About a third of the adults in the United States have HBP and many are not aware that they have it. They have no symptoms. Meanwhile it is doing bodily harm to the heart, blood vessels, kidneys and other parts of the body. If a blood pressure is known to be normal, work to keep it that way. Uncontrolled HBP can harm or even kill you!

DEFINING BLOOD PRESSURE

Blood pressure is defined as the force of blood pushing against the walls of the arteries as it is being pumped through the body by the heart. The blood carries oxygen which is needed by every part of the body. Blood pressure is the result of two forces. The first force, or the top number of a blood pressure reading, is the measurement of the blood being pumped from the heart into the blood vessels called arteries. The second force, or bottom number of a blood pressure reading, measures pressure in the arteries when the heart is at rest and occurs between heart beats.

Hypertension, or high blood pressure, causes the arteries, that are made of muscle and stretchy tissue, to become stretched out too much and this causes problems. These problems can result in vessel weakness, vessel scarring, increased risk of blood clot formation leading to strokes, increased build-up of dangerous plaque in the blood vessels that can lead to heart attacks and stroke, tissue and organ damage and an increased workload on the entire circulatory system.

Low Blood Pressure is not usually considered a problem unless the person is having symptoms, or there is a sudden drop in blood pressure from a usually stable normal pressure. It is more important to know how quickly a blood pressure drops than to know how low it drops. A quickly dropping blood pressure is an emergency requiring immediate action, call 911. There can be serious reasons why a blood pressure is low. A professional healthcare provider should decide if a low blood pressure needs further evaluation. Signs and symptoms of low blood pressure that should be reported to the doctor include:

- Fainting
- Dizziness/lightheadedness
- Dehydration
- Lack of Concentration
- Nausea
- Blurred Vision
- Cold/clammy/pale skin
- Fatigue
- Rapid, shallow breathing
- Depression

BLOOD PRESSURE READINGS

Blood pressure is usually written with two numbers as a ratio: example 120/80. The top number is called systolic, (when the heart beats) and the bottom number is called diastolic, (when the heart rests and is filling with blood).

*Blood Pressure Categories for Adults
As Defined By the American Heart Association*

Blood Pressure Category	Systolic	Diastolic
Normal	Less Than 120	Less Than 80
Prehypertension	120 - 139	80 - 89
Hypertension Stage 1	140 - 159	90 - 99
Hypertension Stage 2	160 or greater	100 or greater
Hypertensive Crisis	180 or higher	110 or higher

(Emergency Care Needed-call 911)

It is recommended that all adults over age 20 have their blood pressure checked at least every 2 years in order to diagnose and treat HBP at its very early prehypertensive or hypertensive stages. Blood pressure numbers change often. They are lower when a



person sleeps, and rise when a person awakens. Blood pressure also rises when a person becomes excited, stressed, nervous or active. However, if the numbers are high most of the time, there is definite risk for health problems to occur.

RISK FACTORS FOR DEVELOPING HYPERTENSION

Risk factors, which are certain traits, conditions and habits, raise one's ability for getting HBP. Hypertension, along with these risk factors, increases your ability to have a heart attack, stroke, heart failure or kidney disease.

Hypertension Risk Factors

- Older age. More than 50% of males over age 45, and females over age 55 have HBP.
- Race/Ethnicity. HBP is highest in African Americans.
- Overweight or obese. Risk greater the more over the normal weight a person is.
- Gender. More men are affected than women at younger ages, but after age 60, the gap closes.
- Unhealthy lifestyle habits, such as, eating too much salt, drinking too much alcohol, lack of potassium in the diet, smoking and lack of physical exercise.
- Heredity.
- Long time stress.
- High cholesterol.
- Diabetes, kidney conditions, some medications and sleep problems.

CAUSES OF HYPERTENSION

Age is a universal cause for blood pressure to increase, so it is important to begin early in life to develop good habits to minimize the risks and control HBP if you have it.

Causes for Developing Hypertension

- Having medical problems, such as, chronic kidney disease, sleep apnea, thyroid disease.
- Taking some medications, such as, for asthma, steroids, cold-relief products, birth control products, hormone therapy drugs.
- Pregnancy.



SIGNS AND SYMPTOMS OF HYPERTENSION

Headaches may be a sign of HBP, but usually there are no signs or symptoms for the disease. **Hypertension is called the silent killer.** Most people only discover that they have HBP when they go to a healthcare provider who checks their blood pressure. A person can also discover that they have HBP when they have symptoms due to the damage HBP has already done to his/her body in the form of a heart attack, stroke, kidney damage or nerve damage.

COMPLICATIONS OF HYPERTENSION

Over time, HBP can damage the body. The heart becomes larger and weaker as it attempts to overcome the demands placed upon it by the increased blood pressure. The result can lead to heart failure and eventual death. Blood vessels can become weak from the increased pressure causing the vessel wall to bulge forming an aneurysm which can burst. The result is bleeding in the body that can cause death. Blood vessels in certain body parts may narrow because of the pressure, leading to kidney failure, vision changes and blindness. When blood flow is limited, clots may form leading to stroke, heart attack, kidney failure, and even leg amputation if a clot blocks blood flow to the lower part of the body.

DIAGNOSIS OF HYPERTENSION

A person's blood pressure is measured by a health-care provider over time and compared to the categories already mentioned. Blood pressure is measured using a gauge, blood pressure cuff and a stethoscope. Children should have their blood pressure checked routinely from the age of three. Before taking a blood pressure:

- Do not consume caffeinated drinks or smoke a cigarette for at least 30 minutes prior to the test to avoid an elevated reading.
- Empty your bladder. A full bladder can alter the reading.
- Sit at least 5 minutes before the test to avoid an elevated reading.

Once a diagnosis of hypertension is made by the doctor, treatment is needed and must be followed. The sooner hypertension is diagnosed and treatment is started, the better are the chances that problems such as heart attack, stroke and kidney failure can be avoided.

TREATMENT

A person's blood pressure is measured by a hTreatment for hypertension is life long, and involves lifestyle changes and medicines. It is important to follow the treatment plan prescribed by the healthcare provider.

Goals of Treatment. For most adults the treatment goal is to keep the blood pressure below 140/90. However, if the person has diabetes, heart disease, or chronic kidney disease, the numbers are lower, or below 130/80. Some doctors now want the BP at 120/60.

Lifestyle Changes and Medications. Healthy lifestyle habits can keep blood pressure in check. Some people can manage well with eating a healthy diet and being physically active. Others need prescribed medicines as well to manage hypertension.

Lifestyle Changes to Help Prevent and Control Hypertension

- Keep physically active. Seek advice about an exercise program from a healthcare provider.
- Adhere to a healthy diet. Seek advice from a dietician. A heart healthy diet consists of fruits, vegetables, whole grains, and foods that are low in fat, cholesterol, salt, fat-free or low fat milk and dairy products, fish, poultry and nuts.
- Maintain a healthy weight. Your body mass index (BMI) should be less than 25.
- Stop smoking.
- Manage stress. Learn techniques to help overcome being "stressed out".

Most often individuals need medicine to keep hypertension under control as well. It is important to follow the doctors prescribed treatment plan for hypertension.



Once the blood pressure is under control, it is critical that you continue the treatment plan. It is the plan that has maintained the control. If the plan is stopped, hypertension will once again resurface and cause damage to the body. Medicines and lifestyle changes can save your life.



CONCLUSION

Everyone should know his/her blood pressure numbers. As a person ages, blood pressure tends to rise. Following a healthy lifestyle may delay or prevent high blood pressure. If you have been diagnosed with hypertension, the condition should be taken seriously. Visible symptoms may not always be present. It does not mean that the condition is not of concern. The disease process may already be affecting body organs. Individuals with hypertension can manage the disease and reduce the risk of related health complications. The important factors are to follow a healthy lifestyle, have regular scheduled medical care and follow the treatment plan of your healthcare provider. By taking small steps toward making positive changes, the situation will not be so overwhelming for you to accomplish.



Teresa Struziak Sherman, RN, BSN, MS

References:

1. American Heart Association. [10/26/11]. <http://www.heart.org/HEARTORG/Conditions/HighBloodPress...>
2. National Heart Lung and Blood Institute People Science Health. [10/26/11]. <http://www.nih.gov/health/health-topics/topics/hbp/what is...>

Dietary Approaches to Stop Hypertension

Your diet plays a big role in whether you have high or normal blood pressure. Dietary recommendations for lowering blood pressure, such as the DASH (Dietary Approaches to Stop Hypertension) diet, include reducing your intake of fat, sodium, and alcohol.

The DASH guidelines suggest eating more foods rich in potassium, calcium, and magnesium. In general, you should eat more low-fat protein sources, whole grains, and plenty of fruits and vegetables. The following present some of the best foods you can eat to lower your blood pressure.

Leafy Greens



Foods high in potassium give you a better ratio of potassium to sodium. Improvements in this ratio can help with lowering blood pressure. Leafy greens like romaine lettuce, arugula, kale, turnip greens, collard greens, and spinach are high in potassium. Try to opt for fresh or frozen greens, as canned vegetables often have added sodium. Frozen vegetables contain just as many nutrients as they do when fresh and are easy to store.

Berries



published in The American Journal of Clinical Nutrition found that

Berries, especially blueberries, are rich in natural compounds called flavonoids. Study published

consuming these compounds may prevent hypertension, and possibly help to reduce high blood pressure as well.

Blueberries, raspberries, and strawberries are easy to add to your diet.

Potatoes

Potatoes are high in both potassium and magnesium, two minerals that can help to lower your blood pressure. They are high in fiber, which is necessary for an overall healthy diet. Instead of fattening and salty butter and sour cream, try adding plain yogurt or salsa for flavor.



Beets

Researchers at the Queen Mary University of London found that patients with high blood pressure saw significant improvements in blood pressure from drinking beetroot juice. The study authors concluded that it was the nitrates in the juice that brought down the participants' blood pressure within just 24 hours. You can juice your own beets or simply cook and eat the whole root.

Skim Milk

The DASH diet recommends increasing the amount of calcium-rich foods that you eat. Skim milk is an excellent source of calcium and is low in fat, another important element of a diet for lowering blood pressure. If you don't care for milk, eat more low-fat or non-fat yogurt. Just watch out for those that are high in sugar.



Oatmeal

High-fiber, low-fat, and low-sodium foods are just what you want for lowering your blood pressure, and oatmeal fits the bill. Oatmeal for your breakfast is a great way to charge up for the day. Oatmeal can be bland, but instead of sugar add fresh or frozen berries to sweeten it up, and maybe just a touch of honey.



Bananas

Bananas are a great way to add potassium to your diet. Adding foods that are rich in this mineral to your diet is better than taking supplements, and it's easy. Slice a banana into your breakfast cereal or oatmeal, or take one to go for an easy and inexpensive snack.



Source: <http://www.msn.com/en-us/health>

The Most Popular Recipes on the Internet

Until 2014, the Internet determined that the most popular web recipe was John Chandler's World's Best Lasagna. According to AllRecipes, this lasagna dish was the most viewed and highest-rated recipe on AllRecipes.com. When John Chandler, a Dallas home cook, posted his recipe 12 years ago, he never thought he'd be the author of one of the most popular recipes on the website. His World's Best Lasagna had over 12 million views in the past five years alone, and almost 8,000 mostly 5-star reviews. As of 2014, according to AllRecipes' list of highest-rated recipes, the new winner is Banana Crumb Muffins by Lisa Kreft. I hope you will enjoy trying both recipes. Happy cooking!

Alija Kuklinska

Banana Crumb Muffins



Ingredients:

- 1 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 3 bananas, mashed
- 3/4 cup white sugar
- 1 egg, lightly beaten
- 1/3 cup butter, melted
- 1/3 cup packed brown sugar
- 2 tablespoons all-purpose flour
- 1/8 teaspoon ground cinnamon
- 1 tablespoon butter

Preparation:

1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease 10 muffin cups, or line with muffin papers.
2. In a large bowl, mix together 1 1/2 cups flour, baking soda, baking powder and salt. In another bowl, beat together bananas, sugar, egg and melted butter. Stir the banana mixture into the flour mixture just until moistened. Spoon batter into prepared muffin cups.
3. In a small bowl, mix together brown sugar, 2 tablespoons flour and cinnamon. Cut in 1 tablespoon butter until mixture resembles coarse cornmeal. Sprinkle topping over muffins.
4. Bake in preheated oven for 18 to 20 minutes, until a toothpick inserted into center of a muffin comes out clean.

World's Best Lasagna



Ingredients:

- 1 pound sweet Italian sausage
- 3/4 pound lean ground beef
- 1/2 cup minced onion
- 2 cloves garlic, crushed
- 1 28-ounce can crushed tomatoes
- 2 6.5-ounce cans tomato sauce
- 2 6-ounce cans tomato paste
- 1/2 cup water
- 2 tablespoons white sugar
- 1 1/2 teaspoons dried basil leaves
- 1/2 teaspoon fennel seeds
- 1 teaspoon Italian seasoning
- 1 tablespoon salt
- 1/4 teaspoon ground black pepper
- 4 tablespoons chopped fresh parsley
- 12 lasagna noodles
- 16 ounces ricotta cheese
- 1 egg
- 1/2 teaspoon salt
- 3/4 pound mozzarella cheese, sliced
- 3/4 cup Parmesan cheese, grated



Preparation:

In a Dutch oven, cook sausage, ground beef, onion, and garlic over medium heat until well browned. Stir in crushed tomatoes, tomato paste, tomato sauce, and water. Season with sugar, basil, fennel seeds, Italian seasoning, 1 tablespoon salt, pepper, and 2 tablespoons parsley. Simmer, covered, for about 1 1/2 hours, stirring occasionally. Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes. Drain noodles, and rinse with cold water. In a mixing bowl, combine ricotta cheese with egg, remaining parsley, and 1/2 teaspoon salt. Preheat oven to 375 degrees F (190 degrees C).

To assemble, spread 1 1/2 cups of meat sauce in the bottom of a 9x13 inch baking dish. Arrange 6 noodles lengthwise over meat sauce. Spread with one half of the ricotta cheese mixture. Top with a third of mozzarella cheese slices. Spoon 1 1/2 cups meat sauce over mozzarella, and sprinkle with 1/4 cup Parmesan cheese. Repeat layers, and top with remaining mozzarella and Parmesan cheese. Cover with foil: to prevent sticking, either spray foil with cooking spray, or make sure the foil does not touch the cheese. Bake in preheated oven for 25 minutes. Remove foil, and bake an additional 25 minutes. Cool for 15 minutes before serving.

Presidents' Day

Washington's Birthday, also known as Presidents' Day, is a federal holiday held on the third Monday of February. The day honors presidents of the United States, including George Washington, the USA's first president.

10 Interesting Facts about Presidents' Day

- 1. Its official name is "Washington's Birthday."** Celebrated annually on the third Monday of February, Presidents' Day was established in 1885 to recognize first American President George Washington.
- 2. It was originally celebrated on Washington's actual birthday.** Washington's Birthday is on February 22nd, and until 1971, this was the date the holiday was celebrated. A law called the Uniform Monday Holiday Act required Washington's Birthday to be moved to a Monday to allow federal employees more three-day weekends. The law also affected Memorial Day, Columbus Day, and Veterans Day.
- 3. The term Presidents' Day was coined to be more inclusive.** The idea to celebrate Presidents' Day instead of Washington's Birthday was first proposed in the early 1950s as a way to honor President Abraham Lincoln as well, whose birthday is on February 12th. The practice wasn't widely adopted until the 1980s.
- 4. Today, multiple presidents are honored on the holiday.** Despite originally being meant to honor George Washington, Presidents' Day has become about more than that, recognizing Abraham Lincoln and other presidents, too. There is no universal agreement or rule dictating who the holiday is meant for.
- 5. Presidents' Day is an official state holiday in some areas of the country.** Many states including Hawaii, Washington, and Michigan recognize Presidents' Day (or some variation of the spelling — see below), while others like Colorado and Ohio celebrate Washington-Lincoln Day. There are two states that celebrate completely different people: Alabama calls Presidents' Day "George Washington/Thomas Jefferson Day," while Arkansas recognizes "George Washington's Birthday and Daisy Gatson Bates Day." Gatson Bates was an Arkansas native and well-known civil rights activist.
- 6. One of the oldest traditions is the recital of Washington's Farewell Address.** The United States Senate has been reciting Washington's Farewell Address annually since 1862. The tradition continues to this day, and is usually delivered on or around Washington's actual birthday.
- 7. The Purple Heart was first awarded on Presidents' Day in 1932.** This military decoration, given to wounded or killed military personnel, is the oldest military award in the United States. George Washington's picture is engraved into the medal, which was first given out on February 22, 1932.
- 8. The holiday is celebrated all month in Alexandria, Virginia.** George Washington's adopted hometown takes the holiday very seriously, offering different ways to celebrate throughout the entire month of February. Alexandria is also home to the longest-running George Washington parade in the nation.
- 9. Although a federal holiday, most corporations and schools remain open.** Federal employees get Presidents' Day off, but other institutions have different rules. Most businesses stay open and opt to participate in Presidents' Day sales. Some schools remain open, while others plan their mid-winter breaks to fall on the week of the holiday, giving them the whole week off.
- 10. There is no correct spelling of "Presidents' Day."** Since the holiday was never officially renamed, its spelling varies. Some states and institutions choose to refer to the holiday as Presidents Day, while others choose Presidents' Day or President's Day.

Sources : [History.com](https://www.history.com)



LIBERATION OF AUSCHWITZ

70TH ANNIVERSARY OF THE LIBERATION OF AUSCHWITZ

"It happened; therefore it can happen again... it can happen anywhere."

Primo Levi

Some 300 Auschwitz survivors and world dignitaries led by the Polish President Bronisław Komorowski, gathered at the Auschwitz-Birkenau German Nazi Concentration and Extermination Camp for the special remembrance ceremony on January 27th, 2015 marking 70th anniversary of camp's liberation.



In the second half of 1944, the SS authorities devoted a great deal of attention to removing the traces and destroying the evidence of the crimes committed in Auschwitz. In September, October, and November 1944, the SS killed some of the Jewish prisoners assigned to the Sonderkommando that operated the crematoria and gas chambers, since they were direct eyewitnesses to extermination. Crematorium IV was demolished by the end of 1944



and preparations were made in November and December of that year to blow up the three remaining crematoria. Crematorium V and its gas chambers, however, remained in fully operational condition until the second half of January 1945.

In mid-January 1945, as Soviet forces approached the Auschwitz

camp complex, the SS began evacuating Auschwitz and its satellite camps. Nearly 65,000 prisoners were forced to march west from the Auschwitz camp system. Thousands had been killed in the camps in the days before these death marches began. Tens of thousands of prisoners, mostly Jews, were forced to march to the city of Wodzisław in the western part of Upper Silesia. SS guards shot anyone who fell behind or could not continue. Prisoners also suffered from the cold weather, starvation, and exposure on these marches. More than 15,000 died during the death marches from Auschwitz.



While the prisoners were marching away, and afterwards, the Germans made a final effort to remove all traces of the crimes they had committed in the camp. On January 23, they burned the complex of warehouse barracks containing property plundered from the victims of extermination. On January 26, they blew up Crematorium V, which was in fully operational condition. Almost 9 thousand prisoners, who had been left behind in the Main Camp (Stammlager, Auschwitz I), Birkenau (Auschwitz II), and the Auschwitz sub-camps, were mostly sick and terminally exhausted. Re-

garded as unfit for the evacuation march, they now found themselves in an uncertain situation. The SS wanted to liquidate all of them between the departure of the last evacuation column and the arrival of the Red Army.

On January 27, 1945, the Soviet army entered Auschwitz and liberated more than 7,000 remaining prisoners, who were mostly ill and dying. The prisoners welcomed the Soviet soldiers as true liberators; the soldiers passed through the camp gates in full awareness of the historical significance of their mission. Over 230 Soviet soldiers, including the commander of the 472nd Infantry Regiment, Semen Lvovich Bezprozvanny, died fighting to liberate Monowitz, the Main Camp, Birkenau, and the city of Oświęcim. The paradox is that soldiers who were the formal representatives of Stalinist totalitarianism were bringing freedom to the prisoners of Nazi totalitarianism.



Generał Kazimierz Pułaski

W centrum Waszyngtonu, przy prestiżowej Pennsylvania Avenue łączącej Biały Dom i Kapitol - znajduje się pomnik Kazimierza Pułaskiego, bohatera dwóch narodów, generała Wojska Polskiego i armii Stanów Zjednoczonych, od 2007 roku honorowego obywatela Ameryki.

Obróńca Częstochowy, hrabia Kazimierz Pułaski opuszczał Polskę jako uciekinier, skazany w zaocznym procesie na karę śmierci, pozbawienie praw obywatelskich i stopnia wojskowego. Zarzucono mu próbę zamachu na króla Stanisława Augusta Poniatowskiego. Decyzja o emigracji była bardzo trudna, ale pozostanie w kraju niemożliwe. Trwającą dwa miesiące podróż przez Atlantyk do Bostonu spożytkował na naukę języka angielskiego.

Do portu w Bostonie doплыł 23 lipca 1777 roku. W liście do prezydenta Jerzego Waszyngtona oraz Kongresu Stanów Zjednoczonych pisał: "Przybyłem tu, aby poświęcić wszystko dla wolności Ameryki. Pragnę spędzić resztę życia w kraju naprawdę wolnym, a zanim osiade jako obywatel, chcę walczyć o jego wolność". Pułaski zgłosił się do wojska jako ochotnik we wrześniu 1777 roku i wziął udział w bitwie pod Brandywine. Polski kawalerzysta śledził uważnie ruchy Anglików i spostrzegłszy, że posuwają się w kierunku, gdzie przebywał Waszyngton ze swymi wojskami zdołał, mimo trudności językowych, ostrzec go o zbliżającym się niebezpieczeństwie. Prezydent Waszyngton docenił jego talent dowódcy, odwagę oraz koncepcje strategiczne. Za bohaterstwo jakim się Pułaski wykazał

Kongres nadał mu stopień generała brygady i 15 września 1777 roku powierzył dowództwo kawalerii armii Stanów Zjednoczonych.

Przebywając z armią Waszyngtona w Valley Forge Pułaski starał się doprowadzić formację którą dowodził do możliwie jak najlepszego stanu. Zalecał przyjęcie regulaminu kawalerii opartego na doświadczeniach kawalerii pruskiej, zaproponował wprowadzenie kawalerii do działań milicji stanowych, domagał się zwiększenia liczby oficerów i dragonów, wystąpił z koncepcją utworzenia oddziału doborowych ułanów z lancami.

Pułaski, nazwany później ojcem kawalerii amerykańskiej, uskarżał się na niedoceniecie przez Amerykanów roli kawalerii w operacjach wojskowych. Wielokrotnie narzekał na brak ludzi, broni i środków materialnych na jej rozwój. Sławny legion Pułaskiego był jednym z niewielu oddziałów walczących w wojnie o niepodległość, który składał się w większości z cudzoziemców. Wśród żołnierzy dominowali Niemcy, a w korpusie oficerskim - Francuzi, Niemcy i Polacy.

Ostatnią bitwą, w której Pułaski wziął udział, był atak na zajętą przez Anglików miejscowość Savannah w stanie Georgia. Strona amerykańsko-francuska dysponowała znaczną przewagą sił i oręża. Bitwa rozegrała się 9 października 1779 roku. Pułaski został ugodzony kulą armatnią w prawą pachwinę. Z pola bitwy znieśli go jego najbliżsi oficerowie. Zmarł 11 października mając zaledwie 32 lata i do dziś nie wiadomo gdzie został pochowany.

A.K.



General Pulaski Memorial Day is a United States holiday in honor of General Kazimierz Pułaski a Polish hero of the American Revolution. This holiday is held every year on October 11 by Presidential Proclamation, to commemorate his death from wounds suffered at the Siege of Savannah on October 9, 1779 and to honor the heritage of Polish Americans. This is separate holiday from the regional holiday in the Chicago area titled Casimir Pulaski Day that commemorates Pulaski's birth on March 4, 1746.

Polish Museum of America in Chicago hosts the annual Casimir Pulaski Day Ceremony for the Polish American community and the State of Illinois. This year, the celebration will take place on Monday, March 2nd, 2015.

The office of the Polish National Alliance is closed on Casimir Pulaski Day (first Monday of March) in honor of this Polish American hero.



2015 – Rok Jana Długosza

Jan Długosz (1415 -1480) należy do postaci szczególnie zasłużonych dla rozwoju polskiej nauki i kultury. Urodził się 1grudnia 1415 r. w Brzeźnicy, jako jeden z dwunastu synów (wszystkim nadano imię Jan) zamożnego burgrabiego. W nagrodę za zasługi w bitwie pod Grunwaldem ojciec Jana został starostą i rodzina przeniosła się do Korczyna. Matka Długosza zmarła bardzo wcześnie, gdy liczył zaledwie parę lat, a ponieważ w szkole parafialnej do której uczęszczał był uczniem pilnym i gorliwym, jako trzynastoletni chłopiec został wysłany do Akademii Krakowskiej. W roku 1432, nie uzyskawszy żadnego stopnia uniwersyteckiego, opuścił Akademię gdyż nie odpowiadały mu stare metody i ówczesny charakter nauki na tej zacnej uczelni.

Mając lat 16 rozpoczął służbę na dworze biskupa krakowskiego Zbigniewa Oleśnickiego. Był notariuszem (pisarzem), później sekretarzem, kanclerzem jak również najbliższym zaufanym biskupa. Zapracował na te awanse swą pracowitością, energią oraz zdolnościami organizacyjnymi. Na dworze Oleśnickiego, który był człowiekiem szerokich horyzontów i wielkich wpływów w ówczesnej Rzeczypospolitej, zetknął się Długosz z wieloma wybitnymi ludźmi oraz wieloma ideami. Ponieważ biskup interesował się bardzo historią swego kraju, zachęcił swego podopiecznego do twórczości dziejopisarskiej, a osobowość biskupa wycisnęła na nim tak silne piętno, że często oceniał ludzi i zdarzenia zgodnie z poglądami swego protektora.



W 1434r. Jan został proboszczem, a w 1436r. mając zaledwie 21 lat został wysunięty przez Oleśnickiego na kanonika katedralnego krakowskiego. Jedną z jego pierwszych prac była „Liber beneficiorum dioecesis Cracoviensis” (Księga uposażeń biskupstwa krakowskiego).

W 1440 roku Długosz towarzyszył wyprawie wprowadzającej na tron węgierski Władysława nazwanego później Warneńczykiem. Odbił misje dyplomatyczne w Wiedniu, Rzymie, Palestynie oraz podróż do ziemi świętej. Brał również Jan Długosz udział w misjach dyplomatycznych dotyczących spraw polsko – krzyżackich i jeździł do Czech starając się skutecznie o koronę dla królewicza Władysława.

W roku 1460 Jan Długosz wszedł w konflikt z królem Kazimierzem Jagiellończykiem dotyczący wyznaczenia następcy Zbigniewa Oleśnickiego. Za sprzeciw królowi Długosz został wygnany z Krakowa. W trzy lata

później wrócił jednak do łask króla, który powierzył mu wychowanie swoich synów (Władysława, Kazimierza, Jana Olbrachta i Aleksandra) oraz do stolicy. Do końca życia dziejopisarz był nauczycielem najmłodszych synów królewskich Zygmunta i Fryderyka. Król z wdzięcznością wyrażał się o jego zasługach, a jego synowie serdecznie wspominali swoje szkolne lata.

Jan Długosz posiadał również pasję budowniczego. Wybudował domy studenckie w Krakowie, Bursę Jerozolimską koło Collegium Novum, Bursę Ubogich Wydziału Sztuk Wyzwolonych przy ulicy Wiśniowej. Przebudował domy prywatne przy Collegium Maius na Bursę Grochową i przy ulicy Grodzkiej na Dom Studentów Prawa. Odbudował spaloną Bursę Jerozolimską i kościół św. Andrzeja. Wyremontował także i unowocześnił Kościół św. Michała Archanioła i św. Stanisława Biskupa i Męczennika (Na Skałce), wybudował klasztor oraz domy w Sandomierzu i Wiślicy.

Jan Długosz wychowany był w kulcie męstwa, rycerskości i odwagi, posiadał zmysł praktyczny, doskonałą znajomość dziejów Polski oraz rozeznanie sytuacji politycznej ówczesnej Europy, doświadczenie w polityce i dyplomacji. Decyzję o napisaniu historii Polski podjął jeszcze na dworze biskupa Oleśnickiego i pisał ją aż do śmierci, zdając sobie od początku sprawę że będzie to praca trudna i ogromna. „Podjąłem się



przekazać na piśmie rocznik dziejów Polski, a także innych ludów sąsiadujących z Polską, ...ponieważ boleję, że wiele przestawnych, godnych poznania dzieł, tak czasów przeszłych, jak i nowszych idzie w wieczną niepamięć.”

„Annales seu cronicae incliti Regni Poloniae” (Historia Polski), największe dzieło Jana Długosza, obejmuje 12 ksiąg, w których zawarte są dzieje Polski



od czasów bajecznych aż do roku 1480.

Roczniki poprzedził, nowatorskim na owe czasy opisem geograficznym kraju. Ponieważ ogrom pracy przekraczał możliwości jednego człowieka, zorganizował grupę pomocników złożoną z wykształconych kleryków i młodszych księży która zbierała materiały i pisała pierwotne, robocze ujęcie dzieła.

Długosz był autorem licznych dzieł historycznych,

min. zbiorów życiorysów biskupów polskich “Banderia Prutenorum” w których znajduje się słynny opis chorągwi krzyżackich zdobytych pod Grunwaldem. Napisał również “Insignie sen clenodia incliti Regni Poloniae” (znaki Królestwa Polskiego) w których opisał godło państwowe, godło ziem biskupstw oraz kilkudziesięciu najwybitniejszych rodów polskich, dołączając do nich zwięzłe charakterystyki tych rodów. Dzięki temu dziełu uważany jest za ojca polskiej heraldyki.

Jan Długosz zmarł 19 maja 1480 roku. Jego prochy złożone są w krypcie zasłużonych Na Skałce.

A.K.

Jan Długosz (1415–1480)

Polish historian, diplomat and clergyman, since the 18th century considered the most eminent

Polish historical writer. He studied the liberal arts at the Academy of Kraków, yet never received a diploma. Joined the court of the Bishop of Kraków, Zbigniew Oleśnicki, and became the cleric's right-hand man.

After the death of Oleśnicki, he served King Casimir the Jagiellonian (Kazimierz Jagiellończyk) and was the tutor of his sons as of 1467.

Author of one of the most eminent works in mediaeval European historiography – *Annales seu Cronicae Regni Poloniae*, literally: *Annals or Chronicles of the Famous Kingdom of Poland* – with a part published under the title of *The Annals of Jan Długosz*. In the 12 volumes of his work, Długosz described the history of Poland from legendary times to 1480, the first full edition of which was published in print in 1701–1703.



2015

Rok 2015 został ustanowiony przez Sejm Rzeczypospolitej Polskiej Rokiem św. Jana Pawła II i Jana Długosza, a także Rokiem Teatru Publicznego z racji 250. rocznicy powstania najstarszego w Polsce Teatru Narodowego w Warszawie.

Oto niektóre z ważniejszych dla Polski rocznic przypadających w tym roku:

- W styczniu mija 70. lat od wyzwolenia KL Auschwitz przez Armię Czerwoną.
- W lutym przypada 70 rocznica uchwały o odbudowie stolicy (3 lutego) podjęta przez Krajową Radę Narodową. Wojenne straty urbanistyczne Warszawy wynosiły ok. 84 proc., (zabudowa przemysłowa - 90 proc., mieszkalna - 72 proc. i zabytkowa - 90 proc.).
- 70 lat temu odbyła się konferencja jałtańska (4-11 lutego), która do dziś pozostaje symbolem zdrady zachodnich sojuszników wobec Polski i ich zgody na podporządkowanie Europy Wschodniej totalitarnemu imperium sowieckiemu. W konferencji udział wzięli Józef Stalin, Franklin D. Roosevelt i Winston Churchill.
- 2 kwietnia mija 10. rocznica śmierci św. Jana Pawła II, który uchwałą Sejmu RP został patronem roku 2015. Poślowie przyjęli uchwałę „w poczuciu moralnego obowiązku i głębokiego szacunku wobec postaci, która wywarła tak znaczący wpływ na losy nie tylko naszego narodu, ale i całego współczesnego świata”.
- 10 kwietnia minie 5 lat od katastrofy lotniczej pod Smoleńskiem, w której zginęło 96 osób, wśród nich prezydent Lech Kaczyński i jego małżonka oraz m.in. przedstawiciele parlamentu, urzędów państwowych, wojska i Rodzin Katyńskich.
- W kwietniu odbędą się również uroczystości poświęcone ofiarom Zbrodni Katyńskiej sprzed 75 lat.
- 8 maja przypada 70 rocznica kapitulacji III Rzeszy i zakończenia II wojny światowej w Europie.
- W sierpniu minie 35 lat od rozpoczęcia strajku w Stoczni Gdańskiej. Fala sierpniowych strajków z 1980 r. doprowadziła do powstania NSZZ „Solidarność” - pierwszej w krajach komunistycznych, niezależnej od władz, legalnej organizacji związkowej. Podpisanie porozumienia w Gdańsku 31 sierpnia 1980 roku stało się początkiem przemian które doprowadziły do obalenia komunizmu i końca systemu jałtańskiego.
- 15 sierpnia obchodzimy 95. rocznicę Bitwy Warszawskiej. Określana mianem „cudu nad Wisłą” i uznawana za 18. przełomową bitwę w historii świata zadecydowała o zachowaniu przez Polskę niepodległości i uratowaniu Europy przed bolszewizmem.
- 185 lat temu w nocy z 29 na 30 listopada 1830 r. w Warszawie rozpoczęło się powstanie listopadowe – zryw niepodległościowy skierowany przeciwko rosyjskiemu zaborcy. Rozpoczęte w listopadową noc powstanie narodowe, choć zakończyło się klęską, było największym wysiłkiem zbrojnym w polskich walkach wyzwoleniczych XIX wieku.
- 9 grudnia 1990 r. Lech Wałęsa zwyciężył w wyborach prezydenckich w Polsce. 22 grudnia złożył na posiedzeniu Zgromadzenia Narodowego przysięgę prezydencką. Tego samego dnia na Zamku Królewskim odebrał z rąk ostatniego prezydenta RP na uchodźstwie Ryszarda Kaczorowskiego insygnia władzy prezydenckiej II RP.
- W grudniu przypada 600 rocznica urodzin Jana Długosza, autora „Roczników, czyli Kronik sławnego Królestwa Polskiego”, a także wybitnego polskiego dyplomaty i duchownego; wychowawcy synów Kazimierza Jagiellończyka.
- 250 lat temu, w 1765 roku narodził się w Polsce teatr publiczny wraz z powołaniem przez króla Stanisława Augusta Poniatowskiego Teatru Narodowego. To był ważny krok dla budowy mecenatu państwa nad powszechnie dostępną kulturą.



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Thus the white eagle on red shield represented crown lands, or Poland proper; the white knight on blue shield known as Pogon (the Chase) was the coat of arms of the Grand Duchy of Lithuania while Michael Archangel symbolized the Duchy of Ruthenia.

The January Uprising failed. But a member of its Revolutionary Government, Agaton Giller inspired the founding of the Polish National Alliance. Consequently, the founders of the PNA adopted this symbol for its fraternal emblem.

PNA Executive Officers and employees gathered at a farewell luncheon for recently retired Vice President Teresa N. Abick.



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